

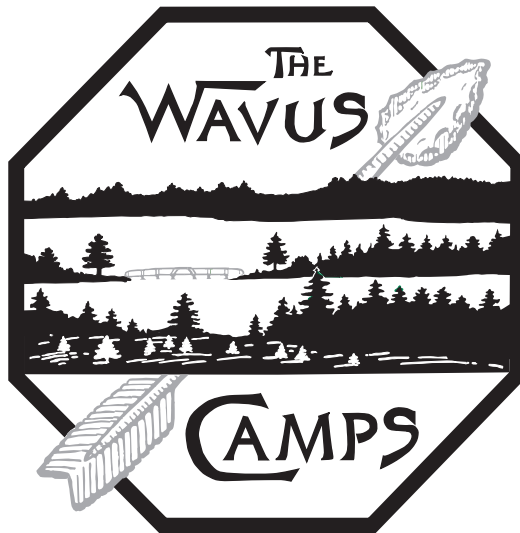
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The Maus Annual

2013

The Wavus Annual 2013

Published by and for the
Staff and Campers of Wavus



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Wavus Annual Dedication – 2013



Susan Russell with Henry Kennedy

Susan Russell

Susan Russell is legendary in the non-profit world so almost within hours of moving to Maine in 2003, Dick Kennedy showed up on her doorstep to recruit her to join Kieve's Advisory Board. With courage and boundless energy she brought to bear her passion for excellence, her vast experience, and her signature optimism to the Kieve-Wavus family.

In 2004 when a task force was formed to explore a merger with the Wavus Foundation, Susan quickly raised her hand to become a member and helped guide us toward the finish line, thus creating Wavus Camp for Girls. In November 2007, Susan was unanimously elected our first female President of the Board of Trustees, a fitting position for a woman equally as comfortable in the bow of a boat tossing a tight fly line as she is at the head of the Board table running a successful meeting. Consistently leading by example, Susan beautifully navigated the board and management through both challenging and celebratory times.

Susan's calm, confident presence among us and her encouragement to explore "blue sky ideas" has resulted in a stronger organization and a bright future for us all. Susan Russell is a world class mentor, leader and friend.

THE RAYS OF THE TOTEM

We open the Council Fire with these words as a whole camp

“These are the rays of the totem that burn and gleam bright on our pathway. These are the symbols we cherish, and through the far years will remember.”

High aspiration is pictured by the **arrowhead**, pointing straight upward. Higher and higher we're climbing, each knowing deep joy in fulfillment

Bravery the **Indian** speaks of courage to do what needs doing. When the right needs defending, be brave, have the courage and grit to defend it.

Industry we have endeavored to signify by the brown **beaver**. What good are ideals and ideas without the stern purpose of working?

Patience the **heron** must practice while waiting for fish for his dinner. Full many a task is accomplished if self control rules our emotions.

Love, said the Master, is the greatest, and we too would follow the Master. We too would **love** friend and foe and help all with deep understanding

Knowledge is power to master the problems and choices of living. Not only the knowledge of **books**, but the lessons experience teaches.

The **spider** calls us to be steadfast. He'll weave his web over and over. We too must be willing to try, and try again, times without number.

Forget-me-not **flower** speaks to remind us to be loyal in thought, word, and action. To the highest and best that is in us, to the ideals carved on the totem.

Truth by the **grail** is depicted; to be trusted is value unmeasured. So bear thyself daily that none need ever doubt aught that thou doest.

The glow of the **fire** casts its radiance of cheer into dreary places. So a smile or a laugh lightens a heart that perhaps without you would be heavy.

Often the problems that face us are more than one person can handle. But when two or more work together, a defeat is transformed into triumph. (**rowboat**)

Humility bids that we all look to the Master of all for our guidance. He, like the **wheel** of a ship, will charter the course we must follow.

The **turtle** reminds us of the responsibility we all have as stewards of the environment. We cherish and care for our natural surroundings.

The rays of the totem have served as symbols to aspire to and live by at Wavus. They are represented on our totem in the Council Fire Circle. Counselors are asked to select a ray for each girl in their cabin. The ray is chosen based on what ray the camper demonstrated, or a ray to which the counselor would like to see her aspire (knowing that she can). These rays are presented either on the last evening or on the last day of the session.

**This has been a long standing tradition with the first Girls Camp
(Wawanock) at Wavus that we continue to honor in
*Keeping The Spirit Alive!***



The History of Wavus

Begun in the summer of 1922 with just four girls and a staff of six, the Wavus Camps flourished and, at its peak in the 1960s, was a two hundred camper brother/sister camp, called Damariscotta Camp (for boys) and Camp Wawanock (for girls). Founded and run by “Chief” and Emma Andrews for 30 years, Wavus thrived under the leadership of Harold and Shirley Westerman for another 24 years. Generations of boys and girls learned self-reliance and sportsmanship, as well as the many skills required for wilderness camping.

Unfortunately, the Wavus Camps closed after the 1976 season due to several reasons, including the Westermans’ wish to retire and the overall slowdown of the camping industry during the 1970s. The property was sold to a private owner and left dormant for sixteen years. Our own Scotty Henry was the Wavus groundskeeper from 1988 - 1992. Scotty lived at Owls Nest from September 15, 1989 - January 14th 1990 ... Last lake bath was January 12th!

When the property was offered for sale in 1992, former campers and a team of local environmentalists banded together to preserve the land intact. This group became The Wavus Foundation and staged a successful one million dollar campaign to purchase the ninety-five acres with the goal of reestablishing summer camping, and ultimately a year-round learning center. The Wavus Spirit was rekindled in 1995 with the establishment of a day camp and two teen programs called the Pioneers and Theater in the Pines. Traditions were restored, camp songs passed along and once again the sounds of boys and girls at play were heard in the pines.

In 2004, facing the hard realities of a start-up business, a task force was created by the Wavus Foundation Board to assess the future of the organization. This led to discussions with Camp Kieve and ultimately to the July 2005 merger of the two great camps. The two boards of directors joined to create Kieve-Wavus Education, Inc. The summer of 2006 brought new life to Wavus as it opened its next chapter as Wavus Camp for Girls.

One of the common graces said at meals at Kieve-Wavus asks God to “make us ever mindful of the needs and feelings of others”, and the program, both in camp and on the trips, is designed to achieve that goal.

The underlying philosophy has always been that a minimum of rules, balanced by a large number of understanding counselors and a program of emphasizing free choice while de-emphasizing keen competition between individuals gives us the best chance for success. Our fundamental rule is that everyone has the right to be treated with kindness and respect.

THE WAVUS PRAYER (Before each meal)

Bless this food before us
And my friends gathered round
I am grateful for the roof above my head
And the floor beneath my feet
Rub-a-dub-dub
Thanks for the grub
Let’s eat!

Wavus Song

We spend our days at Wavus
In friendship and in peace
We strive to reach new places
We're free to learn and grow

We the girls of Wavus
Are committed to
Courage and Kindness
To all old friends and new

We the women of Wavus
Are committed to
Respect, responsibility
In all that we do.



JUNIOR WAVUS RESPECT – FIRST SESSION

Back Row (left to right): Molly Billings, Paige Zamsky, Clara Goltz, Ava Moseley, Reilly French, Sammy Stevens, Beth Lebel. Front Row: Meghan Harwood, Olivia Bagan, Grace Lang, Tori Darling, Kendal Parker, Alice Smith, Shannon Hill.



JUNIOR WAVUS RESPONSIBILITY– FIRST SESSION

Back Row (left to right): Molly Cyr, Carly Pohlhaus, Lucy Simon, Lauren Decker, Maeve Redmond, Luisa Hammond, Mary Yost. Front Row: Sonia Beckstrom, Brooke Semler, Logan Frith, Sydney Clemmer, Caden Collins, Lexie Jacobs, Stella Firmenich.



JUNIOR WAVUS COURAGE – FIRST SESSION

Back Row (left to right): Emily Hebert, Fiona Lawrence, Margaret Maruszewski, Juliette Michaels, Ellie LaCasse, Hannah Grover, Ana Schavoir. Middle Row: Gracie Lurker, Charlotte Mayer, Paige Wortman, Charlotte Worth. Front Row: Lauren Walsh, Aerin Foley.



JUNIOR WAVUS KINDNESS – FIRST SESSION

Back Row (left to right): Lauren Cardenas, Mackenzie Jones, Hollis Steinberg, Schuyler Hyde, Eliza Winsor, Claire Mensch, Missy Harney, Madison Smith. Front Row: Caroline Hopkins, Caroline Cromwell, Cristina Bevacqua, Brooke Findlay, Emma Benardete.



ALGONQUIN – FIRST SESSION

Back Row (left to right): Poppy Doolan, Alex McVean, Jose Lacy, Guin Buono, Ally James, Isabel Clare, Alexandra Touliatos. Front Row: Greta Brown, Maeve Mullen, Annie Alderman, Evie Aldridge.



MOHAWK – FIRST SESSION

Back Row (left to right): Abby Slimmon, Emer Kilgallon, Delia Duggan, Eloise Hartford, Maddie Thompson. Middle Row: Mary Strang, RyRy Hennessy, Raegan Harrahy, Caroline Sapir, Alice Lazare. Front Row: Lindy Perry, Norah Adler, Mabel McNamara, Chiara Kremer, Nicole Saridakis.



CHEYENNE – FIRST SESSION

Back Row (left to right): Lulu Linkas, Chase Melchionni, Daisy Bristowe, Morgan Warner, Layla Lukaj, Claire Yost. Middle Row: Andrea Silvestri, Charlotte Fisher, Eliza Pilkington, Gabby Cannata, Lark Aresty, Amalie Harrison, Emma Rohrer. Front Row: Jordan Atkinson. *Missing from photo: Elise Hawkins*



CAYUGA – FIRST SESSION

Back Row (left to right): Cloey McNichol, Mead Coughlin, Ellis Dougherty, Libby Mensch, Sarah Newhall. Middle Row: Hannah Lovejoy, Sarah Smith, Jessica Woodhams, Greta Horgan, Charlotte Epker, Megan Stroud. Front Row: Anna Feiss, Katie Stevens, Eleanor Barzun.



CHEROKEE – FIRST SESSION

Back Row (left to right): Natalie Horbowy, Claire Cordonnier, Lila Janney, Liv Falk. Middle Row: Hailey Herring-Newbound, Grace Muller, Lucy Caffrey, Elle Christine, Zana Lukaj, Leah Antonatos, Laurens Van Alen, Bee Crudgington. Front Row: Julia Binder, Lily Dlin, Amelia Carey.



NARRAGANSETT – FIRST SESSION

Back Row (left to right): Reagan Synder, Eliza Aldridge, Lulu Larkin, Carly Tilson, Lauren Bassett. Third Row: Melanie Lim, Logan Truluck, Syd MacKeigan, Emily Wagg, Dylan Alles. Second Row: Charlie Karp, Sammy Speegle, McKenna Goldstein, Olivia Grubb. First Row: Becks Slack.



OMAHA – FIRST SESSION

Back Row (left to right): Amelia Schelle, Lilly Graul, Eliza Lord, Elsie Harrington, Meg Mannix. Middle Row: Molly Cleveland, Ellie Blue, Hannah Braden, Maggie Linehan, Ellie Hopkins. Front Row: Skylar Dunfey, Effie Blue, Emory Gatchell, Maggie Frederick.



OJIBWAY – FIRST SESSION

Back Row (left to right): Margo Williams, Lizzie McVean, Brooke McLanahan, Ellie Sandt, Maeve Slack-Watkins. Middle Row: Merritt Harlan, Lia Keyser, Elaina Hawkins, Elise Johnston, Ali Peterson, Francke Wurzelbacher. Front Row: Lisa Yamada, Isabelle Kitchel, Jessie Hill.



OSAGE – FIRST SESSION

Back Row (left to right): Anna Sandt, Caroline Insley, Hannah Moller, Isa Hogshire, Devon Parker. Middle Row: Christine Roback, T. Combs, Lindsey Harrison, Charlotte Meyercord, Daniela Johnson, Zoe Atchinson. Front Row: Hadley Cashman, Elizabeth Robbins-Cole, Camilla Gowen.



SHAWNEE – FIRST SESSION

Back Row (left to right): Katie Paige, Eliza Pohle, Georgia Dettmann, Lane Kizziah, Sophie MacKeigan, Crinny Woloson. Middle Row: Lauren Geddes, Claire Wilson, Daniella Porras-Sholes, Lindsey Reilly, Lizzy McGrady, Sam Hall. Front Row: Kelly Slimmon, Kathryn Antonatos, Grace Lyons.



ABENAKI – FIRST SESSION

Back Row (left to right): Mairead Kilgallon, Sophie Pruett, Caroline Carpenter, Anoushka Kiyawat, Caroline Olesky. Middle Row: Julia Malloy, Buckley Norman, Sarah Speegle, Lulu Nix, Symmi Auber, Krista Cote. Front Row: Madeline Polese, McClaran Shirley, Margaux Suinat, Moe Thompson.



PENOBSCOT I – FIRST SESSION

Back Row (left to right): Blake Cote, Adri Cortes, El Smith, Merrill Truluck, Lila Knott. Front Row: Carly Shea, Ella Engel, Ellie Del Guercio, Lindsay Cashman, Laura Friel, Bennett Dolan, Alina Drufovka.



PENOBSCOT II – FIRST SESSION

Back Row (left to right): Katharine Dougherty, Lily Epstein, Katie Caffrey, Jordana Roet, Nettie Cunningham, Addie Morgan. Front Row: Hannah Flagg, Cricket Dotson, Dani Kerz, Kaitlin Wilson, Grace Heffernan, Claira Sanborn.



ALLAGASH I – FIRST SESSION

Back Row (left to right): Isabel Canning, Katherine von Weise, Cam Grimes, Anna Morse, Emily Huber. Front Row: Julia Welter, Katherine Jessup, Sabrina Eisen, Caroline Jessup, Alina O'Brien, Sabrina Soros, Taylor Keefe.



ALLAGASH II – FIRST SESSION

Back Row (left to right): Isabel Adler, Hannah Frater, Alix Archambeau, Austin Gatchell, Margaux Forcione. Front Row: Lindsay DeMuth, Taylor Bergeron, Zozo Fox, Sydney Graul, Sophia Linkas, Sam Rooney, Laura Lee.



LONG VOYAGE – FIRST SESSION

Back Row (left to right): Charlotte Phillips, Sasha Hodges, Livia Fries, Honor Paine, Emma Cusano. Front Row: Cullen LaPointe, Emma Murphy, Camille Falezan, Allie Riker, Abby Tanen, Ryn Tierney. *Missing from picture: Tess Kruyt*



MAINE TRAILS – FIRST SESSION

Back Row (left to right): Brooke Mullen, Phoebe Walker, Liv Small, Sarah Hart, Emily Rodrigue. Front Row: Mac Peters, Gracie Moses, Cynthia Kellett, Olivia Darnell, Marge Tucker.





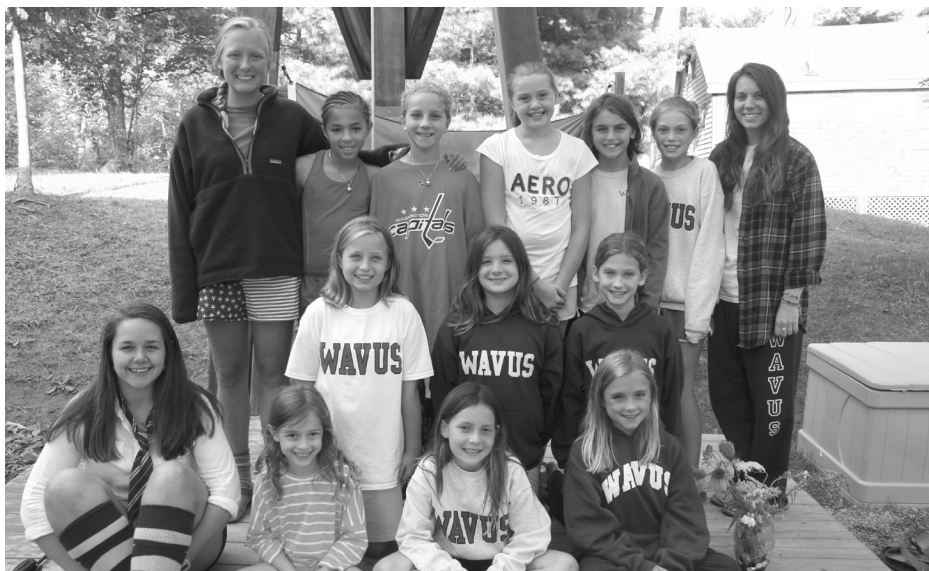
JUNIOR WAVUS RESPECT – SECOND SESSION

Back Row (left to right): Julia Malloy, Quinn Thierfelder, Char Pulkkinen, Ella Moore, Sara Dayya, Lilja Kjaernested, Marge Tucker. Middle Row: Audrey Andrews, Beatrice Stone, Samantha Witt, Greta Brown. Front Row: Kate Riley, Ella McNeely, Ashleigh Stepnowski



JUNIOR WAVUS RESPONSIBILITY– SECOND SESSION

Back Row (left to right): Ally James, Charlotte Duffy, Frances Elwood, Avery Packard, Julia Geniesse, Krista Cote. Front Row: Ruby Poland, Merritt Harlan, Piper Loveless.



JUNIOR WAVUS COURAGE – SECOND SESSION

Back Row (left to right): Julia Welter, Kiki Rice, Maris Rice-Cameron, Maggie Murray, Sophie Stark, GiGi Hayunga, Shannon Hill. Middle Row: Tracy Rosenberg, LuLu Schinella, Ainsley Steele. Front Row: Sam Hall, Sage Roderick, Bridget Scully, Alex Lesko.



JUNIOR WAVUS KINDNESS – SECOND SESSION

Back Row (left to right): Laura Lee, Annie Burton, Gabby Orr, Talbot Anning, Ava Bussan, Kayla Friedman, Hailey Herring-Newbound, Andrea Silvestri. Middle Row: Campbell Musslewhite, Abby Fonner, Ally Rosenbaum, Aveline Roderick. Front Row: Olivia Quinn, Emma Thomas, Julia McNamara.



MOHAWK – SECOND SESSION

Back Row (left to right): Vivian Gal, Molly Gesner, Sophia Rogers, Andrea Garza. Middle Row: Lara Defaix, Bridget Wilson, Jojo Henry, Grace Yanes, Honor Paton, Winnie Glaser. Front Row: Sonia Beckstrom, Ana Schavoir, Emma Murphy.



CAYUGA – SECOND SESSION

Back Row (left to right): Pientje Kruyt, Juliana Cimral, Charlotte Imperatore, Izzy Nielsen, Adair Martin. Middle Row: Beth Lebel, Olive Padgett, Grace Voorhis, Kiki Kavanagh, Eliza Clark, Hannah Grover. Front Row: Meg Mannix, Frannie Smith, Kara Dominick, Avery Gardner.



CHEROKEE – SECOND SESSION

Back Row (left to right): Carter McGlooin, Sydney Donlan, Anneke Pulkkinen, Anne Seaman, Lily Castraberti. Middle Row: Claire Lupo, Anna Krush, Portia DeSimone, Elsa Stuart, Addie Sears, Addie Morgan. Front Row: Madeline Polese, Lucy Del Col, Palmer Boothe, Liv Teufe.



NARRAGANSETT – SECOND SESSION

Back Row (left to right): Sophie Rockefeller, Bisbee Scott, Zoe Thierfelder, Kate Weston, Katie Dolley. Middle Row: Mackenzie Peters, Helen Langer, Sarah Kelley, Nola Clancy, Kennedy Roller, Cullen LaPointe. Front Row: Madison Smith, Paulina Shea, Lindsay Kinsella, Waverly Moller.



OMAHA – SECOND SESSION

Back Row (left to right): Whitney Foote, Julia Chai, Bentley Anderson, Abba Wilson, Fallon Redding. Middle Row: Taylor Keefe, Lila Saligman, Brigitte Meyer, Addie Van Namen, Alice Lazare. Front Row: Molly Cyr, Kendall Beladino, Katie Reed, Abby Truex.



OJIBWAY – SECOND SESSION

Back Row (left to right): Paula Coraspe, Abby Burrows, Madeleine Potter, Clara Gal, Sophie Barr. Middle Row: Taylor Bergeron, Gracie Lawlor, Story Hentoff, Allison Kanter, Serena Sitz, Ryn Tierney. Front Row: Lily Dlin, Darby Loveless, Becks Slack.



OSAGE – SECOND SESSION

Back Row (left to right): Lily Melas-Kyriazi, Lindsay Kaback, Annie Tucker, Piper Alban, Perry Maner, Claire Donlan. Middle Row: Luisa Hammond, Emma Rossi, Meriel Doyle, Tori Glaser, Katie Lehmann, Katie Paige. Front Row: Page Proctor Libby Beers.



SHAWNEE – SECOND SESSION

Back Row (left to right): Julia Lyne, Anna Hatch, Hayley Willner, Ellie Ponte, Zara Norman. Middle Row: Alina Drufovka, Louisa Rose, Betsy Hunt, Katie Miller, Gretchen Sant. Front Row: Mary Yost, Caroline Haywood, Claire Brady, GiGiImperatore, Bee Crudgington.



ABENAKI – SECOND SESSION

Back Row (left to right): Carter Norfleet, Sloane Loveless, Betsy Dietze, Ella Moxcey, Daisy Elderkin. Middle Row: Molly Billings, Zoey Deutsch, Riley Hicks, Gabby Davitch, Anna Wood, Poppy Doolan. Front Row: Charlie Karp, Anna Patricelli, Ellie Villano, Katherine Polyzoides.



PENOBSCOT I – SECOND SESSION

Back Row (left to right): Louisa Kelley, Tiki Haub, Kalea Gale, Lucy Rickerich, Lashé Miles. Middle Row: Dylan Alles, Ji Visconti, Ellie Alban, Caroline Hall, Hannah Lovejoy. Front Row: Sylvie Parkus, Quinn Alban.



PENOBSCOT II – SECOND SESSION

Back Row (left to right): Sky Dunfey, Laura Rockefeller, Bailey Ytterdahl, Josie Roberts, Amelia Coffey, Lilly Kuhn, Sara Essig, Megan Stroud. Front Row: Freya Geddes, Lila Brady, Sabrina Sotirhos, Eden Neleman.



ALLAGASH I – SECOND SESSION

Back Row (left to right): Marielle Gasaway, Ingrid Sant, Katie Zajkowski, Alex Bosman. Front Row: Francke Wurzelbacher, Sophia Cronin, Sonja O'Brien, Hannah Langer, Sophie Kruyt, Molly Cleveland.



ALLAGASH II – SECOND SESSION

Back Row (left to right): Martha Bishop, Nicky Fox, Lily Tromanhauser, Madison Gesner. Middle Row: Claire Yost, Lauren Geddes, Julia McArthur, Emily Brown, Nat Unger. Front Row: Emily Talpey, Charlotte Del Col, Carly Shea.



LONG VOYAGE – SECOND SESSION

Back Row (left to right): Gabby Chapman, Abby Heher, Sarah Wilson, Molly Tucker, Ellery Hicks, Helary Gladstone, Mary Strang. Front Row: Zoe Atchinson, Emily Townley, Caroline Peters, Grace Robinson, Courtney Close.



MAINE TRAILS – SECOND SESSION

Back Row (left to right): Hannah Flagg, Lia Keyser, Linzi Mund, Eliza Sitz. Middle Row: Clara Parkus, Laura Merlo Pich, Benita Durach. Front Row: Gretchen Alexander, Olivia O'Bryan, Marlay Smith, Hannah Hicks.



MAINE TRAILS II – SECOND SESSION

Back Row (left to right): Abigail Summerville, Alison Obstler, Emma Landes. Front Row Christine Roback, June Schellscheidt, Simone Unger, Rachel Libby, Meghan Harwood.

A Day at Wavus

7:30 - 8:00 a.m.	Reveille and clean up (add ½ hour on Sundays & rainy days)
8:00 a.m.	Flag Raising & Songs
8:10 a.m.	Breakfast
8:40 - 9:10 a.m.	Duties, Cabin straightening
9:30 - 10:30 a.m.	First Activity Period
10:35 - 11:35 a.m.	Second Activity Period
11:40 - 12:15 p.m.	General swim
12:15 - 12:30 p.m.	Free Time
12:30 p.m.	Lunch/ Afternoon Activity Sign up
1:15 - 2:15 p.m.	Rest period
2:30 - 3:30 p.m.	First Activity
3:33 - 4:35 p.m.	Second Activity
4:40 - 5:15 p.m.	General swim
5:15 - 6:00 p.m.	Free Time
6:00 p.m.	Dinner
7:30 - 8:30 p.m.	Evening Activity
8:30 p.m.	Flag/songs
9:00 - 9:30 p.m.	Lights Out
9:30 - 10:00 p.m.	Flash Light Reading

We Were Busy With...

ARCHERY	ENVIRONMENTAL	POTTERY
ARTS AND CRAFTS	DISCOVERY	TENNIS
BOATING	FISHING – spin cast and fly	ROPES
Sailing, canoeing, kayaking	FIELD SPORTS	RIFLERY
BAKING/COOKING	Soccer, kickball, badminton, volleyball, basketball	SWIMMING
		WOODWORKING

And In The Evening With...

Cooking, board games, knitting/crocheting, drama/improv, music, Wavus Log (newsletter), water volleyball, talent shows, specialty crafts, community service, star gazing with a telescope, evening fires with storytelling and s'mores!

First Session

Counselor On Duty Reports

June 25

Reporting live from inside the NEW JEWELL! The Wavus 2013 Staff is ready to go this morning, excited to begin the best summer ever! Bunk tags are hung, Danz is already waiting down at the Waterfront, and we've run out of Clorox wipes! We can't wait to fill our beautiful new dining hall with Wavus girls. Slowly we all begin to assemble our cabin families and finally, the big bus arrives with girls who have travelled all the way from Philadelphia! Greeting our friends never gets old and we walk up to the Sunscape excited for what's to come. Another wonderful dinner accompanied by great music, singing and chanting. All at once, we have begun our Wavus summer!

Although the rainy weather prevented us from going down to Council Fire, sitting around Council Candle in the Jewell has come to feel just as special and comforting. After our youngest camper, Maeve from Algonquin, lights the candle, Nancy encourages us to use our time at Wavus to discover who we truly are and how we can help others. A few of our old favorites (The River She is Flowing, Dominica, and Peace Like a River) echo up to the rooftop of the Jewell as we enjoy singing all-together after a long year. We walk back to our cabins for a good night's sleep.

June 26

OD: Directors

Waking up on the morning of the first full day of camp is quite possibly one of the best feelings in the world. Not only are you waking up amongst friends, but

the very notion of all of the adventures yet to come is almost overwhelming. We pull on our hoodies, grab our flip flops off the porch, and skip down to flag. It's a wonder they don't do this in the real world yet. Mary waves her wand and bowls of blueberries, smatterings of sausages, and platters of pancakes appear before our eyes. After the Wavus prayer, we enjoy our first breakfast together. The sound in the dining hall that first morning is hard to describe and impossible to recreate. Although we "hate" duties (EW) it is a comforting reminder that we are back at camp, and that our only real worries involve straightening the shoes on the porch or picking up an apple core dropped by a friend the day before.

Swim tests, the all-camp picture, Wavus wastes no time. Lunch is a cabin-chant, enthusiastic counselors, Joe's music, and optional pants. After that we go to work-on the archery field, on the ropes course, in the water, and in the pottery studio. G-Swim cools us off and brings us back together as one. Escape to Freedom is rained out, but paper bag skits are the perfect end to the evening. We wander down to flag and sing our Wavus song. We're just happy to be here.

June 27

OD: Krista Cote

Today was KIDS CHOICE AWARDS!! Pat made a special guest appearance to host the day! The girls were able to make the decisions about what activities there would be for the afternoon! Each cabin came up with

their own ideas such as mystery food, running and screaming, Zumba, diaper diving and many more! During second period we had a fire drill and we all took the proper precautions to safely meet at the designated spots.

We had taco Tuesday because Pat is a little confused and her memory-loss kicked in... It was a little cold for G-swim, but we had a few brave souls jump in the water! We had hamburgers for supper, and a quick dance party before the evening activity. The girls went back to their cabins to dress up in their craziest outfits, and came back to the soccer field for a game of trivia! Every time the kids would get a question correct, they got to SLIME their counselors! Even Nancy got slimed!!!! We ended the day at flag and sang our Wavus song.

What a great day!

June 28

Alice Lazare

Today was Fear Factor day at Wavus! Despite the rain we had today, everyone took time to think about the things that make us afraid at camp and how we can overcome those things. We started the morning in Jewell for a breakfast of bagels, bacon, sausage and our usual spread of fruit and yogurt. We found a way to appreciate the rain – no one had to do duties this morning!

Afternoon activities today ranged from a Spirit Animal Quest to an Island Swim (even in some drizzle!) to Partner Climbs on the ropes course. It was awesome seeing everyone working together and making new friends – things that can be truly fear provoking.

For evening activity we had a quick round of Fear Factor with a blindfolded obstacle course. The counselors even

got involved when a few of them had some mystery drinks, cheered on by the campers. After Fear Factor we shook out the jitters and our built-up energy from rainy day activities with our first Wavus dance party of 2013! It was a great day full of overcoming challenges and making awesome memories!!

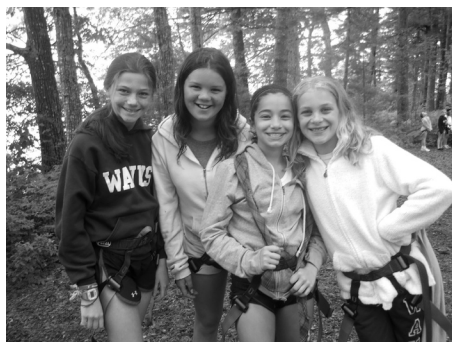
June 29:

OD: Julia Welter

Today started off with an inspirational quote encouraging the campers to be themselves and let their personalities shine. The theme of breakfast was 90s pop. The Jewell was filled with songs of the 90s including N*Sync, Backstreet Boys and Spice Girls. Campers then went with their cabin to morning duties and activities. The entire camp met up again at the swim dock for G-Swim. Some campers braved the cold water and spent time in the lake while others relaxed by a fire.

At lunch the theme was country music. All of the campers busted out their boots, flannel and jean shorts to have a ho-down at lunch. In the afternoon campers had one activity period to choose from options like puddle jumping, camp cooking and a variety of arts and crafts. After that, campers met back with their cabin mates to work on a song for Air Guitar.

The theme for dinner was techno and after that was right into the evening activity! Every cabin blew away the counselors and staff with their original and talented routines. The acts ranged from Michael Jackson to Taylor Swift. In the morning all of the campers did a rain dance to make the rain go away. At dinner we could see that it worked with the first sign of blue skies!



June 30

OD: Becks Slack

Today was Animal Day along with the first full camp day without any rain!! Everyone was excited to put away their rain jackets. Most girls dressed up in wacky animal attire and engaged in animal activities like animal ear-making and Animal Yoga. EA (or Evening Activity) was a wonderful game of Safari. During the game each cabin group had to take a group picture with the animal that they were trying to find while avoiding other counselors. Last, but not least, today was the first Chapel ceremony for the 2013 session. Everything ran smoothly. Many girls shared touching speeches and poetry readings, and the Omaha cabin sang "Wagon Wheel" beautifully. Overall everyone had a wonderful time!

Animals: Riddles for the EA

1: "I tried to jump over the moon, but Chapel is where I fell and I'll see you real soon"

2: "Under the water is where you would find me, but for this safari on the shore line is where you'll find me"

3: "If you need a band aid, you come see me, I don't hiss or meow when you pet me"

4: "I'm bright and colorful from the food I eat, I'm by the point, just ask Lauren where we can meet"

5: "Swing and jump from tree to tree, and I'll be near the Dirty D"

6: "I'm the king of the jungle and Wavus, too, I make my home at the Jewell of Wavus"

7: "I'm playful and wild, I roam the field, some people might confuse me for a horse but I am not of course, of course"

8: "I'm sneaky and creepy and I slip and slide, I hide in the sun where the garden resides"

July 1

OD: Laura Lee

Today we engaged our brains with Mad Scientist Day! Morning activities continued as usual with Wavus waves, woodworking, ropes and others. In the afternoon, we experimented with erupting volcanos, had some slimy fun with oobleck, wrote secret messages with invisible ink and enjoyed the pleasant aroma of scratch and sniff paint! After a dinner of chicken, rice and veggies, we held our 2nd annual Invention Convention! Earlier in the day, each cabin was given a trash bag full of random household items which they had to use to create an invention. Then each cabin took turns presenting their inventions with a skit or a jiggle. The girls certainly had on their creative helmets, coming up with everything from mind readers to fish wagons!

What a fun day with science!

July 2

OD: Carly and Erik

Even though Wavus is a camp for girls, today the theme was Bro Day. All of girls showed up to breakfast dressed in their best "bro" clothes. It was very funny to see the girls in character. They went as far as changing their names to boy names. The weather wasn't completely on our side, but that didn't slow us down. During meals we played music and got our groove on. During afternoon activities we played mud football and took a ride down the slip and slide. There was nothing like a good "bro out" session! After we had a delicious dinner prepared by Mary and her staff, the girls headed back to their cabin to get ready for an ultimate game of Capture the flag. The girls got really into it and brought their A game skills, but in the end it was a Wavus Tie. We

ended the night with the lowering of the flag and the Wavus song. All in all it was a great day!

July 3

OD: Katie Paige

Today's theme at Wavus was the Amazing Race! We woke up to gray skies, but no rain, which was exciting. At flagpole, we talked about the importance of teamwork, and what it means to be a team player. At the breakfast counselor challenge, Mary Strang and Claire Yost had a dance off to "Bust a Move" in order to decide who would clean the staff lounge.

After breakfast and duties, the girls headed off to a variety of different activities: aqua zip, canoeing, kayaking, Wavus waves, tennis, archery, and woodshop. At g-swim, 8 girls braved the cold and clouds and decided to go for a swim! At lunch, the clouds finally cleared out and the sun emerged! It was beautiful and very warm, which was an amazing surprise after over a week of rain, rain, rain.

This afternoon, campers were able to sign up for a wide range of exciting activities, such as paddle boarding, island swims, sponge tag, mystery van, canoeing to Echo Island, a canoe clinic, arts and crafts, and woodshop. At dinner, we said goodbye to Allagash 2 and Penobscot 1, who are leaving for their trips early tomorrow morning.

After dinner, the skies looked threatening, but we decided to proceed with EA- an Amazing Race!! During EA, the cabin groups had to solve different clues in order to get to different stations. When they got to the station, they had to complete certain tasks to earn the next clue. However, there were roadblocks and detours along the way that slowed them down. Osage finished

in record time!! Abenaki and Ojibway finished close behind. As soon as we finished taking down the flag, the skies opened up and it began to rain. It was a great day!!

July 4

OD: Poppy Doolan

What an amazing day to be at Wavus! Not only was it the first completely sunny day, after a long pattern of rainy days, but it was the 4th of July! Just as America declared independence from Great Britain, in a way at Wavus we are escaping societal norms so we can be ourselves. This idea of being yourself and respecting others for doing the same was discussed at flag and reflected on throughout the day.

Breakfast began this morning with some classic American country music. Some of the girls got very involved in creating new lyrics to "Ain't No Mountain" and we even had a country singing bee to decide who would be cleaning the staff lounge. Morning activities included a nature walk, pottery, archery, woodworking, and art. There were so many fun activities going on; it was overwhelming! In pottery they were making pinch pots galore. On the nature walk, the Algonquin girls learned a lot about the nature surrounding the Wavus camp. By lunch some of the JW campers had arrived, and the girls were all starving from their morning activities in the 85 degree weather.

After lunch the schedule was changed a little bit. The campers only signed up for one activity for one hour and then were surprised by a pool party with inflatables and popsicles in the lake! The girls were thrilled. Especially after afternoon sign-ups such as lacrosse and running and screaming, everyone was



ready to jump into the lake; and what is more fun than inflatable animals? Even I had to jump into the lake fully clothed and join the fun. The lake was nice and refreshing. The pool party ended earlier than expected so that all of the campers could meet at the Jewell to make a tunnel for the Junior Wavus campers who had been arriving from the bus. Because of lightning, the evening activity was moved inside. It was a rotation of American flag t-shirt decorating, face-painting, hair wraps, and nail painting. The girls put on a smile for yet another rainy night and were all in their best 4th of July t-shirt and face painting for evening flag!

July 5

OD: Missy Harney

Today was British Invasion Day. We woke up to a beautiful sunny summer day! We all went to flag and breakfast together, then we went and cleaned cabins and did the duties for the day. After that we all went down to the field and played a game until it was time for morning activities to begin. The full session girls participated in Kayaking, Ropes, Art, Nature and Sailing while the Junior Wavus campers did their swim tests and played games on the field.

In the afternoon all the kids chose between paddle surfing, yacht-racing, flag making, synchronized swimming, tea party, following Dakota (the dog) around camp, diaper diving, and swimming across the channel. All the girls had so much fun in their different activities. It was hot all day so the girls had a great time especially in the water activities.

In the evening it was time to play our evening activity which was Escape to Britain, a big game of tag mixed

with hide and go seek where three counselors hide in secret spots and the campers run around camp searching for the three counselors. Also the other counselors are the taggers and try to get all the campers before they find the hidden three counselors, but unfortunately it began thundering and lightning outside and we had to return to the cabins and we all had individual cabin dance parties in our cabins and had a great time.

July 6

OD: Claire Yost

Today we woke up to another sunny, hot day on the shores of Damariscotta Lake. The theme was based on Roald Dahl's Charlie and the Chocolate Factory, "Wavus Wonka." Throughout the day campers participated in a hunt for Willy Wonka's golden tickets. At breakfast it was announced that fifteen of these golden tickets were hidden around camp. Campers searched high and low in hopes of being the lucky finder of one of the golden tickets. Tickets were found anywhere from the bottom of the lake during general swim, to the top of the target jump in the ropes course.

Afternoon activities included a slip 'n slide, the aqua zip, arts and crafts, kayaking, and paddle boarding. Each girl was enthusiastic about the water-based activities due to the high temperatures in the 90s.

For evening activity, we played escape to freedom. Four counselors hid around camp and served as freedoms, marking the hands of campers as they were found hidden under cabins and in trees. The campers were excited to play seeing as the same evening activity was rained out the night before. The night closed with a reminder of the Willy

Wonka's quote for the day "there is no life I know to compare with pure imagination."

July 7

OD: Francke Wurzelbacher

Today was backwards day. Because it was a Sunday, the girls got to sleep in until 8. At flag, Ojibway raised the flag, and in honor of the theme, they raised the Wavus flag upside down. Breakfast was the usual Sunday wild donuts. After breakfast, instead of the usual morning activities, everyone did a major cabin clean-up in preparation for the cabin inspection that would come after chapel.

At chapel, a lot of girls got up and read poems or shared stories and songs. Once everyone was finished sharing their thoughts with the camp, Nancy got up and told a story about a land that gave away warm fuzzies to each other and how that land reminded her of Wavus. She encouraged everyone to keep giving each other warm fuzzies and not cold pricklies.

At lunch, the brothers and cousins from Kieve came over, and Lauren and Alex announced the winners of the Cabin inspection: Osage (with a special mention to Ojibway). After lunch was rest hour followed by afternoon activities, and a normal schedule. This afternoon, the activities were floaty races, island swim, tennis, diaper diving, kayaking, canoeing, and arts & crafts. The girls seemed to thoroughly enjoy the afternoon of lazing in the water and staying cool.

In the evening, after a dinner cooked by the directors, the cabins did a series of different relay races, backwards. The kids enjoyed cheering for each other, and laughing and the silly positions they were put into. The day ended well

with smiles on everyone's faces.

July 8

OD: Zoe Atchinson

Today was Under the Sea day at Wavus! At breakfast, there were thematic tasks hidden under the campers' bowls, including fun commands like get up and sing a song from the Little Mermaid and or do shark impressions as a cabin. The girls did many aquatic activities in the morning, like canoeing and sailing, as well as doing elements on the ropes course, arts and crafts, tennis, pottery, and wood working.

In the afternoon, activities included doing an island swim, tie-dying for the first time this summer, charades and theatre games, tennis ball tag on the paddleboards, and sailing on our new RS Cubas!

After a delicious thanksgiving style dinner, the girls got together as cabins and created synchronized swimming routines for our first ever Wavus Synchronized Swimming Olympics! All of the campers had a great time choreographing and working together to the beat of songs like Shark in the Water, Mermaid, and Sail. The girls had a great day and everyone went to bed happy after getting to cool off in the lake and cheer each other on.

July 9

OD: Megan Stroud

July 9 at Wav was Twin Day! The morning message reminded everyone to uncover and celebrate our similarities, even though sometimes it can be easier to look at someone you meet and see the differences instead. During the morning activity period, the girls spent their time at ropes on the Aqua Zip and HS Swing, doing nature



activities, pottery, arts and crafts, and helping in the garden. The afternoon activities started with a quick game of capture the flag and then everyone headed off to War Canoe, Paddleboard fencing, ropes, Coleman cooking, nature drawing, wheel throwing at pottery, and wood shop, where many girls put the finishing touches on the amazing work that they started earlier! The evening activity was watching "The Parent Trap" with PJ's and Crazy Creeks and then headed off to bed after a nice relaxing night.

July 10

OD: Emily Hebert

Today's theme was We Love Wav! Everyone gathered for flag this morning decked out in all things Wavus. After flag we headed to breakfast where we all enjoyed bagels, fruit and yogurt. We concluded breakfast with a Minute to Win It challenge – three counselors raced one another to see who could pull all of the tissues out of a tissue box using only one hand in under a minute. The girls were all cheering for the counselors and it was a great way to start the day. After breakfast cabins were dismissed to do their camp and cabin duties.

When we reconvened for morning gathering circle I introduced the girls to a game called "Speed Rabbit." This is a game that required teamwork, some flexibility in terms of switching partners at any given moment, and it also required the girls to think on their toes. Everyone then parted ways and went to morning activities by cabin. Some of today's morning activities included ropes, archery, field sports, and Wavus Waves. After morning activities it was time for g-swim. Although it wasn't particularly nice

out, we did have a few swimmers! Lunch came and went, and soon it was time for one of the best parts of the day – skits! Counselors performed skits and then assisted the girls in signing up for afternoon activities before sending them back to their respective cabins for rest hour.

After rest hour we met back down on the soccer field for a rousing game of "Poison Dart Frog" – a game that is quite popular amongst Wav campers. Campers then proceeded to go to their afternoon activities. Today we had many different activities, some of them were: pottery glazing, a twist on a Wav favorite – running and camp songs, whisper light cooking (honing their skills for their futures in Maine Trails, of course!), the ever popular Island Swim, and we also had a mystery activity which, to the participants' delight, turned out to be playing with the new puppies, Willow and Loki! Once again, afternoon g-swim and free time came and went, and soon it was time for dinner.

After eating a delicious dinner, the girls were sent back to their respective cabins to create a Minute to Win It challenge for our Evening Activity. When the girls returned, each cabin was called up to present their challenge and several counselors were chosen at random to compete in the various challenges. Challenges ranged from unraveling an entire roll of toilet paper using only feet, to counselors popping bubble wrap using only their faces, to fashioning a dress out of toilet paper. The girls were quite resourceful and inventive in creating these challenges. I know I had a blast watching this EA! After our Evening Activity concluded, we all met back down at the flagpole to lower the flags. Upon lowering the

flags, we all retired to our respective cabins for the night.

July 11

OD: Dylan Alles

Today's montage of holiday festivities began with none other than Christmas morning!! At flag, we reflected that no matter what holidays we celebrate throughout the year, at Wavus, we can all celebrate one another and our magical time together. At breakfast, decked out in Santa hats and Rudolph noses, we feasted on waffles while listening to Christmas carols and reveling in excitement about the day ahead of us.

After morning chores and duties, campers went to morning activities with their cabins and celebrated every moment, despite an unrelenting cloud cover. They had been forewarned that the next holiday theme was Saint Patrick's Day, so the sunscape was teeming with bright green apparel and gold beads at lunch. A few lucky campers even found cardboard four leaf clovers on their plates, and those girls got the first pick for afternoon activities! Counselors presented myriad holiday-themed activities for campers to choose from, including, but not limited to, an Easter egg hunt, Santa's Workshop (otherwise known as arts & crafts), bobbing for apples, Halloween pottery, and cooking delicious holiday desserts on Coleman stoves! The afternoon activities were a huge hit and the sun even made an appearance, further brightening our spirits as we geared up for dinner, which was to be Halloween-themed.

Campers and counselors alike showed up dressed to the nines in costumes, ranging from sharks to ballerinas to werewolves to Justin

Bieber! We enjoyed a delicious meal of pasta and pork roast in our Halloween best. Immediately following dinner, the long-anticipated evening activity was announced to be... making gingerbread houses!!! Campers worked in their cabin groups to create works of art from graham crackers, icing, and various candies, and developed stories to go along with their houses, which they each presented to the whole camp. After all the houses and respective stories and skits were displayed, it was decided that there could truly be no winner when we had all put so much effort into our masterpieces, and so the evening activity ended in an infamous Wavus tie! Campers then were allowed to devour their gingerbread houses, and did so with delight. We closed the evening at flag meditating on how much joy can be found in celebrating all that we have to offer one another here at Wavus, and promising to live every day as though it were a holiday.

July 12

OD: JW HBCs

Carnival Day began with a beautiful sunrise and the whole camp was excited to see the sun after several days of rain. As it was the last full day of Wavus for the Junior Wavus campers, the cabin of Respect opened the day with flag ceremony. Their challenge to the group was to enjoy every minute and to fit in as much as possible.

The day started off with the normal activities routine and carnival truly began with lunch. Campers enjoyed popcorn chicken, French fries, corn dogs and veggies. After rest hour the campers spent all afternoon bouncing in the bounce house, face painting, tie-dyeing, climbing the rock wall and zip lining. Everyone enjoyed iced

treats in the hot afternoon sun and then G-Swim.

Our evening activity was a closing council fire for the Junior Wavus program. Each cabin shared the rays of the totem and which ray best applied to each cabin. Some older campers shared their experiences since Junior Wavus. It was a fantastic closing ceremony for the session, topped off by a flag closing ceremony from the cabin of Responsibility.

July 13

OD: Mary Strang

Today was 007 (James Bond) day at Wavus! The girls woke up, dressed all in black, and went into stealth mode! After morning flag the girls went up to the Jewell for breakfast, all except for the girls of Mohawk. As everyone sat down for breakfast, the James Bond theme song was cued and the girls of Mohawk ran in with squirt guns! Just in case everyone was not awake yet, they were now!

The day was somewhat unusual since the Junior Wavus campers were leaving. So instead of morning activities we had a giant beach party down at the waterfront! The girls went swimming, diaper diving, paddle boarding, and played games in the water on a perfect summer morning. Following the beach party, lunch was served.

In the afternoon, we had activities such as mystery van and spy school to go along with the theme of the day. Next, the girls went to g-swim which was warmly welcomed on such a hot and sunny afternoon. Following dinner, we had a mini dance party under the sunscape after which the girls got ready for EA by changing into their swimsuits and sneakers. The EA was a campus-wide challenge/race/obstacle course

type of activity. The activity required the cabins to go around as teams to the different stations to complete specific activities such as serving a tennis ball, swimming from the main dock to the floats and back, going through an intense obstacle course involving a tire drill and wheeling each other around in carts, setting up a tent, leap frogging over each other, and doing the slip n' slide! After such a crazy, busy day, we finished up at flag and wrapped up the day by singing the Wavus hymn.

July 14

OD: Sky Dunfey

Today was Dr. Seuss day at Wavus. It was a day for everyone to come as themselves and have the opportunity to wear their most crazy, power-clashing outfits. The messages of the day came from the books *Oh, The Places You'll Go* and *The Lorax*. In the Dr. Seuss books, he is able to convey meaningful messages to people in a fun and easy to understand way. There is so much out there for everyone to see and explore, and every individual has the ability and power to make their experiences every day (no matter how big or small) great! It is also important for us all to realize that when we are having a down day or when something doesn't go our way that we have the power to choose to turn it around and to have a positive attitude. Every day is your day, so make it go the way you want!

Everyone got to sleep in this morning and then have the delicious and long-awaited breakfast of homemade donuts. After breakfast everyone cleaned their cabins, and Cheyenne was awarded the cleanest of them all. On Sundays there is also a meaningful and thoughtful chapel session where the girls sing songs, share thoughts,



and take a moment to realize the beauty in Wavus and everyone at camp. In the afternoon the girls enjoyed many water activities in the beautiful hot sun. The evening activity involved a Dr. Seuss-themed scavenger hunt and some code decoding. Dr. Seuss day was a lot of fun and brought a whimsy and creative feel to camp!

July 15

OD: Bee Crudgington

Today's theme was Clue! We raised the flag with an inspirational message: "The true mystery of the world is the visible, not the invisible." – Oscar Wilde. We encourage the girls to discover new friends and activities. At breakfast we were introduced to the characters of the day: the possible suspects of the kidnapping. The day was sunny and hot, which made it a perfect day at Wavus.

The afternoon activities made use of the water with activities such as Island Swims, Paddle boarding and kayaking. For the evening activity we played a life sized game of clue. The characters hid around camp and the campers had to run around and try to find everything. The evening activity mirrored the board game and all the girls had a great time. Penobscot I won the game and the camp played a game of sharks and minnows before lowering the flag and reflecting on our day.

July 16

OD: Hannah Flagg

Today was Where's Waldo? day at Wavus. Where's Waldo? is a children's book about a character Waldo who is a world traveler and always in search of the next adventure. The message throughout the day was to keep growing by learning about

who you truly are, no matter where you go. Martin Handford the creator of Where's Waldo states, "I'd like to inspire people to open their minds, to explore subjects more, to be aware of what's going on around them. I'd like them to see wonder in places that may not have occurred to them."

The day consisted of the slip n' slide all the way to how to act Southern. We also welcomed back Allagash 2 and Abenaki. For the evening activity we played a game that was a twist between sardines and escape to freedom.

Four girls successfully found Waldo hiding at the waterfront. It was a great day filled with laughter and wearing stripes as cabins quickly went to bed.

July 17

OD: Meg Mannix

As the campers were awoken by the ever-familiar crescendo of the morning bell, the day of "dice-rolling" was commencing. A pair of dice would be rolled throughout the day to determine who would be in charge of anything from hoisting the flag to who had to "snort" after every sentence. Cabins gathered around the flagpole as Counselor Hayley and her Cherokee campers hoisted America's steadfast symbol.

Morning activities were deemed the perfect opportunity to achieve the goals not yet secured. As the bell for G swim rang out, director Alex Danz could not help smiling upon hearing the shouts of young girls running towards the waterfront. Unfortunately general swim had to end sometime and the girls began the long trek to the Jewell for lunch. The meal was an assortment of lunchmeats, cheese, and other salad accoutrements.

After lunch, various counselors

performed skits to advertise such afternoon activities as diaper diving, safari float tag, and open arts & crafts. Counselor Bee led the second gathering circle and each cabin had to perform a scene depicting their favorite memory from trip. As afternoon activities progressed, Lindy went around to each event to capture a snapshot of the fun being had. G Swim and free time passed quickly and by dinner, all the girls were hungry. They feasted on chicken parmesan, butter noodles, and Caesar salad. Their appetite must have inspired lots of creativity because for the evening activity, each cabin had to design its own dress, worn by their counselors, and made out of trashbags and duct tape. Each dress was fabulous but the ladies of Allagash 1 went above and beyond, earning counselor Julia the title of winner.

The evening drew to a close and Counselor Lindy, with the help of the lovely ladies of Mohawk, folded the American and Wavus flags. As we stood and sang together, many of us, both campers and counselors, wondered what would be in store for us in the last few days at Wavus!

July 18

OD: Taylor Keefe

The theme today was Jewelliano's and fireworks. It was a beautiful day which started off with flag, then the arrival of Long Voyage. They made an exciting entrance which set the tone for the day. After breakfast all of the girls rotated around to different activities to work on their qualifications or finish an art piece. They had two hours of open activities and they could rotate at their own will. After lunch there were several creative activities for the campers to choose from, including

chaos, whip cream whiffle ball, and cardboard boat making. They ran smoothly and after they were over we went to Jewelliano's.

At the end of dinner Maine Trails made their entrance which involved the directors dressing as elderly Maine Trails campers while the real campers ran all around yelling and chanting. This got everyone excited and we set off to Kieve to enjoy the spectacular firework show. Everyone came back to Wavus for one of their final nights here.

July 19

OD: Emma Murphy

This morning we awoke with the bittersweet feeling that accompanies the last day of camp. Although excited about what we had accomplished, many of us were sad to be leaving behind the community that had become our family for the past three and a half weeks. At flag we discussed the importance of embracing everything Wavus has to offer on our final day, and more importantly, embracing the person we had allowed ourselves to become while at camp. The rest of the morning was spent packing our things and tidying the campus, attempting to beat the heat in the process.

When packing was nearly complete, we ate lunch then headed to the soccer field for the notorious color wars. This year, Color Wars was played to settle a feud between S&M's and M&M's. Blood, sweat and tears were shed for a solid two hours of play until the game was eventually settled in a Wavus tie. Once determining the tie, we all headed to the waterfront to cool off.

After a cookout dinner, the entire camp gathered for the slideshow then our end of session council fire. As

usual, the council fire was extremely fulfilling as directors, counselors, and the Maine Trails cabin shared tales of the past month's accomplishments at Wavus. When enough tears had been shed and hugs shared we all returned to our cabins to reflect on yet another INCREDIBLE summer at Wavus.



Second Session

Counselor On Duty Reports

July 23

OD: Willow and Loki

Wow! Girls, more girls, big bus, chanting, SQUIRREL! This is Willow reporting live from the grass outside the woodshop. Loki is following Dakota right now. Anyways, this morning after Nicholas fed me, all of these new girls started coming to Wavus! They are so nice and their voices are so high! I miss my old friends but these new girls are so friendly. It was almost time for dinner when the girls all stood in two lines holding hands to make a really fun tunnel for me and Loki to run through! Everyone started screaming and this HUGE ROLLING BOX came around the corner. Nicholas scooped us up to safety and 100 ZILLION MORE NEW FRIENDS ARRIVED! Wow. This is better than that time Dakota let me hold her stick.

Anyways, all of these new friends went up to the feeding place and some snuck me breadsticks (don't tell mom and dad). The girls all made two lines and Mom stood at the front. We walked down the path (I almost made it the whole way but Missy gave me a ride-thanks, Missy!) Mom sat in the middle and a girl from Mohawk lit the fire. I forgot what happened next because I fell asleep and woke up in my bed.

July 24

OD: Directors

Today is the first full day of second session! Everyone is so excited for all the adventures ahead. We started off with another great breakfast. The Jewell was full of laughter, chanting, and games of counselor ZOO. We were

reacquainted with morning duties (EW) and went off to our cabins for pictures and swim tests. We put on our Wavus Best for one of our favorite camp traditions- the all-camp picture. Joe played tunes over our new speakers (thanks, Joe!) and everyone rocked out. Afternoon activities included all of the best that Wavus has to offer- paddle boarding, archery, and ropes were in full swing.

Dinner was fantastic as usual. There is nothing quite like a Wavus meal-breakfast, lunch or dinner. Great food, great company. You can really see how comfortable everyone is to be themselves, and to enjoy everyone else being their own self. We all know what happens on the first night of camp. Cat and Chelsea were ready in the infirmary and all the black paint had gone missing from the Owl's Nest...ESCAPE TO FREEDOM! Never gets old. After another wild success, we lowered the flag, looking forward to PJ Pants time and hanging out with our friends, old and new.

July 25

OD: Addie Morgan and Alice Lazare

Today Wavus celebrated the great holiday of Christmas in July! We all came to breakfast in our pajamas to find stockings hanging over the Jewell fireplace and a Hershey's Kiss on each of our plates - it looks like Santa made it to Wav! We were gifted with a beautiful day on which to celebrate. Activities like ropes, archery, and gardening were a big outdoors hit in the AM.

In the afternoon, the counselors all led exciting and festive activities.

We had Christmas Carolers grace the streets of Damariscotta as part of a mystery van, elf houses were built, and Wav campers went on a scavenger hunt to find Rudolph.

This Christmas in July the cheer was put into action with our Evening Activity – each cabin built “gingerbread houses” out of cardboard boxes, glitter, wrapping paper, and ribbon. We had guest judges that included Santa and Luigi to help Addie and Alice decide whose house most embodied the Wavus Christmas cheer! Ojibway ended up taking the cake with a glittery creation and a chimney big enough for Santa. It was a great day at Wavus with lots of cheer and love spread so that everyone could see!

July 26

OD: Dylan Alles

On Rock & Roll Day at Wavus, we were all absolute stars!! We woke up to rain on the roofs of our cabins and enjoyed a well-deserved extra half hour of sleep before making our way to the Jewell for breakfast. Decked out in our rock-star best, we feasted on delicious eggs while jamming out to classics like The Spice Girls and reveling in excitement about the day ahead of us.

Campers had been forewarned about the upcoming evening activity, which was Air Guitar- at Wavus, this consists of an intense lip-synch dance concert competition!! Each cabin selected a song, and would spend their free time today choreographing a dance performance to go along with it. After morning chores and duties, campers went to morning activities with their cabins, such as tennis, where girls trained under the watchful eye of Serena and Venus Williams (who knew they were Wavus counselors?!) and

ropes, where they had a blast on the high speed swing!

Following morning activities, lunch was held indoors due to the inclement weather, but the rain could not keep our spirits down- it was PIZZA FRIDAY! We all made short work of the delicious meal, and then counselors presented myriad afternoon activities. Today, these included learning to cook on our portable Coleman stoves, team board games, working on the pottery wheels, rain dancing, extreme hide-and-seek, and building forts with sleeping bags around tables in the dining hall! These were a huge hit, and afterwards we all returned to our cabins in order to spend some time perfecting dance routines for tonight’s Air Guitar!

When dinnertime rolled around, the girls enjoyed a delicious meal of macaroni and cheese, peas, carrots and hot dogs, and the meal was punctuated by some camp-wide hand games and fun sing-a-longs. This lively dinner was a great introduction into evening activity! After scurrying back to their cabins to collect costumes and do one last dress rehearsal, Wavus campers enjoyed a fantastic air guitar show and cheered each other on as they all presented their choreographed performances. The directors even put on a show for the campers, as did the Junior Wavus staff! We laughed and cheered and danced together all night long, until it was time to gather round the flagpole, sing our Wavus song, and say goodnight.

July 27

OD: Taylor Keefe

Today’s theme was “Wacky Wav”. We started the day with encouraging words as to how to express your wackiness and being able to embrace



others. There were a few pranks that we did throughout the day including putting the Wavus flag upside down, coloring the milk different colors, placing fake snakes and other action figures around campus, and stacking the place settings for the morning in unique ways. In the middle of the day we welcomed Veterans as they rode their motorcycles and “hot rods” onto campus. This was a great experience for the girls, and the Kieve boys also attended this event. We shared lunch with the Veterans and the Kieve boys.

After lunch the day proceeded normally and everyone brought their wackiest Wav spirit. The evening activity was kangaroo court where one counselor from each cabin was “tried” for the pranks that were pulled. Because of this there was a series of stations including body paint, mummifying the counselor, aiming juice from a water gun into their mouths, trying to put “slime” in the counselor’s mouth while blindfolded, and shake and bake which was where the campers put flour on the counselors and watched them roll down the hill. At the end of these stations, we had a blind obstacle course where the campers directed counselors. The day was very exciting and ended with the taking down of the flag.

July 28

OD: Poppy Doolan & Charlie Karp

Today’s theme was Wavus Goes Green, and, boy, did we go green! After a morning sleep-in, the girls arrived to 8:30 flag outfitted in green clothing and accessories. At breakfast each cabin was given a trash bag to carry around and pick up trash around the Wavus campus in anticipation of the evening activity. Although we spent this morning tidying the

cabins for cabin inspection, the girls still definitely had time to appreciate our own environment here at Wavus between the time we spent at chapel and afternoon activities. Despite the blustery weather, some of the girls chose to sail, even play kickball, others opted to make friendship bracelets, cook cupcakes in orange skins over the fire and others ventured into the “mystery van” to the aquarium.

By dinner, the trash bags had begun to fill. All articles collected aided in the annual “Trashion Show.” The girls were given a planning period and time to collect more supplies from Mother Nature to supplement their designs. Then they had time to bring their ideas to life on the Wavus runway. One counselor from each cabin strutted along, sporting the various designs from jumpsuits to prom dresses. Ultimately, we all learned that one man’s trash is another man’s treasure!

July 29

OD: Marge Tucker & Emma Murphy

We came together at flag this morning and learned our mission for the day: to find the Marge Barge. This kayak that makes daily appearances at g-swim has recently gone missing, so the entire camp came together to find it. We decided that even if our search was fruitless, the journey would, in fact, be the destination and that we would find joy whilst searching for the Barge.

After a delicious breakfast of eggs, yogurt, fruit, oatmeal and much more, we came together for spy training camp. After fine tuning our searching and spy skills, we went to morning activities. At lunch, we ate BLTs and had some delicious soup courtesy of our amazing kitchen staff!

Unfortunately, after lunch, we lost

another important member of our camp community – Marge! Mysterious green people abducted her during gathering circle, and we had no idea where she was being taken or why! Afternoon activities included creating missing signs, search and rescue teams, and creating an ode to our beloved kayak and counselor.

It was not until after a delicious dinner of chicken fingers and smiley fries that we were able to find her! Abenaki succeeded in solving the camp-wide game of Clue and discovered that Sara Taylor was holding Marge hostage at the waterfront using a bottle of polar pure! She returned her to her rightful place and we came together one last time at flag. We celebrated the return of Marge and hoped for luck in our ongoing mission to find the Barge!

July 30

OD: Julia Welter

Today at camp was supernatural day! We started off in the morning with a quote from The Little Prince inspiring all kids to believe in the unknown no matter what adults say. At breakfast we had incredible scones and a space-themed dance party. It was a perfect summer day in Maine for our morning activities and the girls made pinch pots, sailed and learned to shoot arrows! For lunch it was taco Tuesday. We had a visit from some alien pals who landed on the roof and shared candy with us.

The afternoon was filled with making alien masks, mystery vans and playing with puppies! For the evening activity each cabin made a space ship and their own alien species. Each species tried to land their space ship and claim Wavus! Allagash Two was the first to make it back to the Jewell safely. Before bed we had another dance party, brought

down the flags and wished all the cabins leaving for trip safe journeys!

July 31

OD: Krista Cote

Today was KIDS CHOICE AWARDS!! Pat made a special guest appearance to host the day! The girls were able to make the decisions about what activities there would be for the afternoon! Each cabin came up with their own ideas such as mystery food, yoga paddle boarding, tut making, tie-dyeing and many more! We had sandwiches for lunch... It was a beautiful day for G-swim, but quite a few girls decided to stay dry on land. We had Pat's favorite meal, spaghetti for supper. The girls went back to their cabins to dress up in their craziest outfits, and came back to the soccer field for a game of trivia! Every time the kids would get a question correct, they got to SLIME their counselors! Even Pat got slimed!!!! We ended the day at flag and sang our Wavus song.

August 1

OD: Mackenzie Peters

After a Wavus breakfast we gathered up camp us and drove over to Damariscotta State Park and had an enjoyable day at the beach. We swam, had a sand castle competition and ate lunch. Unfortunately Beach day could not house JWs as well for they were arriving that day and needed to move into their cabins. But once we got back for G swim and were reunited as one, we had a fabulous dinner at Wavus followed by separation once again where the JW girls went to Council Fire and the rest of camp wandered down to the kickball field to play a couple of awesome games of paint soccer/handball.



August 2

OD: Laura Lee

Today was wonderful, whimsical, Fairy Day! With the rainy start, we got to sleep in a little before breakfast. After some yummy breakfast sandwiches, while the weather was holding, each brave Junior Wavus cabin took a turn completing their swim test and then came to Jewell for some fun games and the big group picture. The full session campers had morning activities like pottery, ropes and archery and then we all gathered for a fantastic lunch of pizza!

The girls had many fairy-themed afternoon activities like fairy wand making, crown making, fairy house making, reading fairy tales by the fire and even making their own fairies out of clay. We also took advantage of what the rain had brought us and had many girls puddle jumping! After a dinner of meat loaf, mashed potatoes, corn and gravy we all put our comfy clothes on and cozied up in the Jewell to watch a Disney movie, *Brave*! It was such a nice way to finish off the rainy day!

August 3

OD: Greta Brown & Madeline Polese

Today was Book Day and the campers were encouraged to dress as their favorite book character for the day. Despite the rain in the morning, the girls made the most of every activity and kept their spirits up for when the sun finally camp out for lunch.

There were a great variety of afternoon activities, including Mad Libs, Hunger Games Boot Camp, Paddle boarding, Quidditch, Ropes, Island Swim, and Watercolors on the Causeway.

Following a delicious chop suey dinner, the girls prepared for their evening activity: The Hunger Games!

The cabins tested their skills, acting as tributes from their districts, at five different stations consisting of shelter building, archery, chubby bunny, camouflage, and swimming. Little did they know.... There were some obstacles in their way as well! The girls showed great teamwork and excelled in proving their wilderness tripping abilities throughout the hour. Though each cabin fought hard for the title of "Victor," Responsibility impressed Katniss and Effie Trinket, the resident Hunger Games Officials, and took home the trophies. After flag, the Junior Wavus girls settled into their sleeping bags on their primer on the soccer field. A truly fun day, everyone enjoyed being able to express their inner "Book Nerd!"

August 4

OD: Sam Hall

Today's theme was Harry Potter. Many of the girls got an early start to their day due to the Junior Wavus girls sleepover on the soccer field last night. However, this early start didn't slow anyone down when the smell of wild doughnuts came wafting out of the great hall. The day continued with cabin clean-ups in order to prepare for cabin inspections later on in the day.

At chapel many girls shared quotes from books that they have been reading this summer. One girl even used her free time to write what Wavus meant to her, and decided to share what she wrote. Nancy ended chapel with a quote from Albus Dumbledore speaking about the choice between doing what is easy and doing what is right.

Skits for the afternoon activity were moved from being after lunch to after chapel on Sunday. This allowed the girls who were going to Kieve to visit

their brothers to sign up ahead of time. The girls were excited to see that lunch consisted of making your own sandwich as well as a full salad bar.

Today at Gathering Circle we played Entourage or 100-Man Rock, Paper, Scissors. The game consists of dueling someone at rock, paper, scissors and whoever wins the game takes their opponent on as a cheerleader in order to cheer them on towards victory! After Gathering Circle the girls headed to their activities which consisted of wood working, paddle boarding, island swimming, diaper diving, aqua zipping, HS swinging, hide and seek, and arts and crafts. Due to an incoming thunderstorm the second afternoon activity period had to be moved inside, G-Swim was also cancelled. The weather cleared up just in time for the Tri-Wizard Tournament! Every cabin was in high spirits because everyone was able to complete all three challenges in time to end the night with flag and the Wavus song.

August 5

OD: Madeline Polese

Bon jour! Aloha! Howdy! Today was a jammed-packed day for the kids as we travelled All Around the World! Luckily, every girl was given a First Class ticket to anywhere she could imagine at flag. Our journey then started in France for breakfast where we got in to the mood with some French tunes and French toast for breakfast. The girls left breakfast for their duties and were back at Gathering Circle fast enough to go to England before their morning activities.

For lunch everyone really got in the Hawaiian spirit with their grass skirts and leis. The girls were happy to choose where they would travel during their

afternoon activities. Girls chose to paddle board to Bali or make ancient pottery or even take a mystery boat to Kieve for some rock climbing.

For dinner, I took the girls down south to my home state of Georgia. Everyone embraced the southern style with their flannels and bandannas with pigtails. They even got to taste my homemade sweet tea!

During the evening activity, the girls made history by travelling to all seven continents in one hour. After each cabin was given its own passport and map, the girls were off to complete the challenges at each continent. Their tasks ranged from Kangaroo hopping across the waterfront to using chopsticks to move pieces of rice. The travelling didn't end after the evening activity because we split up in to cabin groups and traveled to Thailand. The cabins each were given Thai wish lanterns to light and send up in to the sky. These lanterns are an ancient Asian tradition that symbolizes letting go of any fears or inhibitions that may exist. It was a time for each cabin to stop and reflect on camp so far, but also a time for them to remember that there are only eleven more days of camp! After a day full of excitement and travel, I hope each girl was able to open her eyes to new cultures and see how diversity is what makes this world so exciting.

August 6

OD: Missy

Today was British Invasion day. We woke up to a beautiful sunny summer day! We all went to raise the flag and then went to breakfast, after that we went and cleaned cabins and did the duties for the day. Then we all went down to the field and played a game called giants wizards elves which is a

big game of rock, paper, scissors until it was time for morning activities to begin. The morning activities consisted of ropes, art, pottery, sailing, gardening, and riflery.

In the afternoon all the kids chose between paddle boarding, swimming across the channel, kayaking, open arts and crafts, mystery van (where they ended up bridge jumping), volleyball, mystery war canoe in which they went to one of the islands on the Damariscotta Lake, HS swing and the aqua zip. All the girls had so much fun in their different activities. It was hot all day so the girls had a great time, especially in the water activities.

In the evening it was time to play our evening activity. Escape to Britain was a big game of tag mixed with hide and go seek where five counselors known as the British royal family hid in secret spots. There were four people that were the rogues carrying water guns while the other counselors are the taggers and try to tag all the campers either with their hands or with the water guns before they find the hidden five members of the royal family. The game was a big success and three groups of girls found all members of the family which ended the game. After the game we all went down and lowered the flags and headed off to bed for the night.

August 7

OD: Meg Mannix

Today's theme was 'Wavapalooza', based off the popular three-day music festival in Chicago. We started the day by raising the flag with the girls dressed as boys to represent the music genre R&B/Hip Hop. The message of the morning was to take every opportunity given at Wavus, whether it is achieving that qualification in archery or talking

to that girl you have never met before, with passion and enthusiasm.

In the morning, girls engaged in activities such as sailing, field sports, arts & crafts, and woodwork. After G Swim, they had worked up quite the appetite and were ready for the bountiful spread of chicken nuggets and fries at lunch. Being allowed to sign up first for afternoon activities was the reward for the girls who dressed up appropriately for the 'country' lunch.

Afternoon activities challenged the girls, yet they had to save some of their energy in order to work together to plan a choreographed dance for the evening activity, Air Guitar. Every cabin was instructed to choose a song that had not been published in the last three years and all counselors were encouraged to participate.

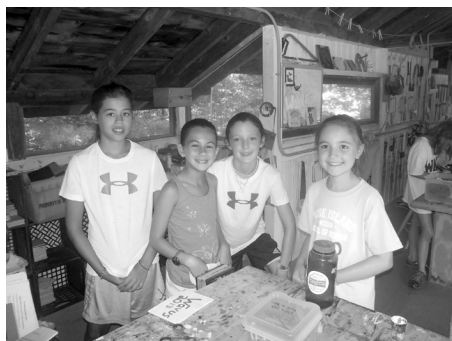
After a delicious meal of 'techno' ravioli and 'house' meatballs, the girls performed a dance routine to the song of their choice. The evening show was such a hit that it turned into an original Wavus Dance Party! As the sky turned from blue to pink to almost black, the girls danced to a range of different artists' songs, such as 'Live Like A Warrior' and '22'.

As the flag was lowered, I encouraged the girls to be happy with the person they are. It is fun to dress up and act like others, but when it comes down to it, the only person you can be is yourself, and that girl is truly awesome!

August 8

OD: Missy and Emily

Today was Superhero Day here at Wavus! Due to the cold, rainy weather the girls met us in Jewell at 8:30 where we delivered the morning message and proceeded with breakfast. After breakfast the girls headed back to



their cabins to get ready for morning activities. Once they returned to Jewell for gathering circle they sang campfire songs together until it was time for morning activities.

Today's morning activities included: Wavus Waves, twister, pottery, art, kayaking, yoga, woodshop, tennis and ropes where the girls did the HS swing. After morning activities the girls went to G swim where many girls read and made friendship bracelets around the fire, while a few brave souls decided to swim despite the rain. Next we had lunch and rest hour.

Once the girls were well-rested they eagerly headed out to afternoon activities! This afternoon they had the choice to participate in caterpillar races, cape making, skits, origami, shenanigans, fort building, comic book making, board games, painting with watercolors, ropes course, HS swing and a mystery bat mobile. After afternoon activities the girls had some time to recharge with a second Gswim, free time and dinner. After dinner it was time for Evening Activity. For EA tonight we challenged each cabin to create a superhero. They were asked to create a name for their superhero, an outfit, a theme song, a back story and it could be anything they wanted! They then picked a counselor to dress up as their super hero! It was fun to see how creative the girls were with this activity! After each cabin presented their superhero, it was time for flag and bed. Superhero day was a big success and it was nice to see the girls find their inner superheroes and help out anyone who needed a hand.

August 9

OD: JW HBCs

Today's theme was Carnival Day put

on by the Junior Wavus HBCs. Large Marge, Pat, Laura Lee Lee and Young Juj tag-teamed the entire day running the show. Thunderstorms roared this morning waking up the camp. Luckily this meant we got to cuddle in our beds for an extra half hour of sleep! This was especially nice for the Junior Wavus campers who could use an extra half hour of sleep after a crazy eight days!

At breakfast we enjoyed bacon and bagels, and, of course, nothing says Wavus breakfast more than a dance party! In the morning we stuck to indoor activities such as woodshop, pottery, arts and crafts and yoga. The girls had plenty of time to rest before a crazy afternoon carnival!!!

For lunch we had popcorn chicken, smiley fries and every tasty carnival treat one could imagine. During rest hours the counselors went to work transforming the inside of Jewell to a carnival dreamland. This included a homemade mini golf course, imported cornhole sets and designer face paint! And of course it wouldn't be a carnival without fried dough, nachos, pretzels and cheese and plenty of ice cream! After hours of fun and a few whipped cream pie fights later, the girls got to nap and cleanup for dinner!

Dinner was pizza Friday, which made all of the girls ecstatic! Tonight's evening activity was council fire for the Junior Wavus girls. It was a sad night having to say goodbye to the Junior Wavus campers but we were all so proud of how far they came in ten days! The most touching moment of the night was listening to the full session girls addressing the Junior Wavus campers. Girls from the Abenaki cabin spoke about their time in Junior Wavus and how they just hiked Katahdin! We are so proud of all of the campers and

loved spending a wacky Wavus day with them!

August 10

OD: Emily Hebert

Today's theme began as a mystery! We started off our day off with flag and breakfast. Instead of our usual morning activities all of the full session girls said their goodbyes to our new JW friends, and then headed to the waterfront for a morning of swimming and paddle boarding. While the full session girls played games, swam for quals and paddle boarded, the JWs had their parents' day which included the usual chapel, awards and lunch. The full session girls joined the JWs and their families for lunch and after lunch it was time for skits, afternoon signups and rest hour. For afternoon activities the girls got to choose from extreme team croquet, watercolors on the causeway, slip and slide, board games, shenanigans, ropes, island swim and paddle boarding.

Once afternoon activities had finished the girls headed for g swim. The Penobscot cabins returned today, and at this point in the day the Penobscot II girls had yet to make their entrance. I requested their assistance in helping to reveal the theme for EA and they accepted. With the help of a few counselors and Penobscot II we were able to announce that Wav was about to experience a zombie apocalypse! The entrance went well and everyone was excited to have Penobscot II back at Wav. For EA we did a spin on escape to freedom. The premise for the game was that there were 5 zombies hiding around camp and they were trying to take over Wavus. The zombies had to move closer to the bell and try to ring it. Thankfully our girls stopped

the zombies and saved Wav! The day ended with evening flag, and then it was time for bed. The day went really well and the girls seemed to really enjoy their activities and some extra time at the waterfront in the morning!

August 11

OD: Beth Lebel

Today was World Cup Day at Wavus! At flag we emphasized the importance of teamwork, on and off the field. Songs like Wavin' Flag and WakaWaka were played while enjoying wild doughnuts at breakfast. Before chapel each cabin worked together to make their cabins spick and span for their inspections.

At our last chapel of the session, we sang songs, and girls shared stories, poems, and quotes before Marge talked to us about what Wavus means to her and the importance of stepping outside of our comfort zones.

After lunch, counselor skits ensued for speed and agility training, sailing, shenanigans, arts and crafts, yoga, fairy houses, archery, and henna. At rest hour cabins were assigned a ray of the Wavus totem pole and given a blank piece of paper with markers to design a flag representing their assigned ray. Along with the design, they needed to come up with reasons how their totem ray applied to their cabin in terms of teamwork. The flags were to be worked on during rest hour or free time and to be presented after the EA.

Dinner was eaten and quals were announced, then counselors went back to their cabins with their campers to put on their game faces, grab their flags, and deck out in their country's colors. At 7 on the dot everyone was down at the soccer field getting pumped up to "Ole" for Wavus World Cup! Brazil, Colombia, Belgium, Italy, USA,

Sweden, Holland, Greece, Portugal, and France battled through multiple rounds of World Cup until it came down to Belgium and USA in the finals. Belgium was the country to take FIFA World Cup Wavus 2013 bragging rights. Each cabin then presented the flags they made and explained what their ray of the totem meant to them. The message at night flag closed the day with telling everyone to expect the best from everyone and to give their best to everyone in the last few days of camp.

August 12

OD: Claire Lupo

Nautical day at Wavus was welcomed with a beautiful, sunny day! After raising the flag to the quote "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." by Mark Twain in our most nautical, striped attire, the camp enjoyed a classic breakfast of waffles, sausages, fruit, yogurt, and oatmeal to a water-themed playlist.

Afternoon activities consisted of the aqua zip, riflery, pottery, Wavus Waves, archery, and, of course, sailing. Lunch consisted of pulled pork, grilled vegetables, and salad and the afternoon activities of tie-dye, paddle boarding, yoga, arts and crafts, glazing, climbing at the Kieve rock wall, partner climbing on the ropes course, and sailing were acted out in skits and chosen before rest time.

Afternoon activities ran very well under the sunny weather, and everyone was able to cool off at G-swim after. We had a delicious pasta dinner and finally

it was time for the Evening Activity!

It was the first annual Wavus Cardboard Boat Regatta! Each cabin was given supplies to make a boat out of cardboard boxes. The cabins chose a theme for their boat, dressed up to match, and also made a flag with which to represent themselves on the water. Finally, one nominee from each cabin climbed into their newly constructed boats and raced against the other cabins in camp around the waterfront, paddling hard as their cabin mates cheered them on, flags flying. While few boats stayed up longer than a couple seconds in the water, it turned into a still fun swim race, dragging the boats behind with their cabin cheering. We ended the day with lowering the flags and singing the Wavus song, with a beautiful pink sky sunset as our back drop.

August 13

OD: Mary Yost

We woke up to a bright sun and ready to start our day dedicated to Charlie and the Chocolate Factory, called Wavus Wonka. At flag, the campers were told that there were fourteen hidden golden tickets throughout camp. If someone found a ticket, they would hand it in to redeem a prize of Wonka's sweet tarts. Campers spent the day searching through the bushes, in trees and even searched the bottom of the lake, where two tickets were hidden. At general swim, the campers did their best impression of Oompa Loompas.

As the day went on, the clouds started to roll in, but it didn't discourage the campers as they continued to take part in outside activities, such as Aqua Zip and HS swing, as well as looking for the golden tickets.



After a filling dinner, campers went back to their cabins to coordinate outfits and then returned to Jewell for the evening activity. They had to create a type of candy and design its logo. They also had to make up and perform a commercial for the candy. They used their imagination and created the most flavor-filled candy. Overall, Wavus Wonka was an exhilarating day. It reminded the girls to use their imagination and create dreams and work to achieve those dreams.

August 14

OD: Dice

A Series of Haiku on Dice Day

Director Julie

Oh please don't roll my number

Meow fate meow.

Here come the King Dice

To preside over our lunch

KP walks backwards

Unpredictable

Our lesson we must practice

To go with the flow.

August 15

OD: Megan Stroud

Today we started off at breakfast with an entrance from Long Voyage. They made a video about their trip pretending to be kidnapped and then came running out of the kitchen throwing candy and spraying silly string.

The morning was spent doing a variety of activities. The girls had the opportunity to go to any activity they desired to finish up artwork they had left or get quilts that they were working on. At lunch we ate nachos and chili and watched the Maine Trails 1 entrance. The girls rode in on motorcycles to a

welcoming crowd.

During afternoon activities we had all of the camp favorites from yoga to paddle boarding. Then we got ready for Jewelliano's dinner of spaghetti and the entrance of Maine Trails 2. The girls were all dressed up to celebrate one of the last days of a great session and welcomed Maine Trails home with lots of hugs. Before leaving for fireworks, we had campfires with cabin groups to discuss trips and have the older girls teach the younger girls about the trips they will be doing to get them excited for the years to come. Finally we headed off to Kieve to watch fireworks and take down the flag together as a united camp.

August 16

OD: Molly Cyr & Mary Strang

The energy and enthusiasm of the second session came to a climax on the last day of camp. In the morning, the campers and counselors were packing their belongings to prepare for their departure from Wavus. In the afternoon, they were excited and ready to go for the favorite last day game, Color Wars.

We had a rousing game of Color Wars between the red and blue teams that ended in a Wavus tie because, unfortunately, neither team was able to find and capture the opposing team's flag - the defense was tough and the flags well-hidden. Both teams worked hard and in the end were covered in the notorious blue and red dye that marks a fun game of Color Wars. After this, all campers went to G-Swim and washed off the dye in order to get ready for dinner and Council Fire.

The day ended on a beautiful note when Maine Trails spoke at Council Fire and the directors shared their

reflections on the session. We finally ended the night with our candlelight walk to the drumlin flag pole and a chorus of one of our favorite Wavus songs, "Linger".



Trip Notes - Session 1

Junior Wavus Responsibility

HBC: Molly Cyr

JC: Meg Mannix

JC: Mary Yost

JC: Luisa Hammond

July 7-8: Hog Island and Snowgoose Day 1

After having breakfast at Wavus, we packed up our van and headed to Pemaquid Beach for the morning. Here the girls were free to swim, build sand castles and run around with seaweed in their hair like mermaids. We ate a picnic lunch and then set off to Bremen where we prepared to kayak to our island camp site. The entire cabin made it successfully to the other shore and we set up a cozy camp site on the magical Hog Island. Before dinner we took a mini tour of the island and the girls enjoyed playing in the many tide pools left above the low tide line. We found hermit crabs, periwinkles and even a horseshoe crab! Trekking back to dinner, the girls used their astute observation skills and looked at the different plant and animal species that inhabit the island. We had a satisfying dinner of quesadillas on the Coleman cook stove and then enjoyed s'mores over a fire on the beach afterward! It was a full, exciting day for the whole cabin.

Day 2

We woke up at the crack of dawn to a rainy morning on Hog Island. It was difficult to manage all of our gear, but we were able to get everyone up and ready for the day. Under a tarp we cooked delicious pancakes with fruit and prepared for our day on the lobster boat called the Snowgoose. Captain Bill picked us up on the Snowgoose and



we were given a tutorial on hauling lobster traps and buoys. Many of the girls were excited to participate, and we had a line of enthusiastic campers pulling in the trap ropes and playing with the lobsters.

As a cabin, Responsibility was quite adventurous and picked up the lobsters we caught in the traps to look at them and study their shape and form. After this introduction to lobstering, many of the girls jumped into the ocean from the top of the boat! Captain Bill allowed the girls who wanted to jump into the ocean and swim around the boat, even though the water was quite chilly! It was a great morning and after such exciting activity the girls were hungry for a picnic lunch. We ate on the boat and talked about our wonderful trip to Hog Island. During this time, the girls bonded well as a cabin and had the opportunity to reflect on their trip and their time at Wavus.



Junior Wavus Respect

HBC: Beth Lebel

JC: Molly Billings

JC: Shannon Hill

JC: Meghan Harwood

July 7-8: Snowgoose and Hog Island Day 1

We left campus after a homemade doughnut Wavus breakfast to head to Pemaquid Beach. After swimming, running and jumping in the water, and doing handstands on the shore, we had sandwiches for lunch. Next we headed to Bremen where we met up with Ryan and Aaron. All the girls were really helpful in carrying kayaks down to the water before paddling over to Hog Island.

Once we got to the island, we took a tour of the area we'd be staying on and set up our tents at the site. After setting up we had a snack, did a nature scavenger hunt with colors, and learned about the conservation of Hog Island as well as the different ecosystems in Maine. The girls really loved playing in the touch tank and drawing pictures of why they're thankful for nature. We then went on a nature walk with Ryan and Aaron, some of us tried nature's pop rocks, and we climbed on rocks and through mud to explore the tidal pools hand-on. Some girls practiced awesome Leave No Trace principles by taking trash from underneath seaweed and in tidal pools back with us. When we got back on site, we had quesadillas for dinner, played soccer, swung on hammocks, and made s'mores over the fire.

Day 2

We woke up early to pouring rain, so we packed up our things and then took down the tents. Not a single girl complained about the task at



hand or how cold they were! We enjoyed colorful S and M pancakes for breakfast. Since the weather was questionable, Ryan and Aaron decided it was best that we not kayak back to the main land, so we loaded up the Snowgoose III with our belongings and it took us back to drop everything off at the boathouse.



After that, we got to start our fun on the Snowgoose! Captain Bill and Megan taught us how to tell the difference between a male and female lobster, and we got to see, hold, and learn about lobsters and fishing. After that we spent hours swimming in the ocean and jumping off the roof of the Snowgoose. Every girl in our cabin jumped off the top at least once, and some jumped as many as ten times! Some were scared at first, but the constant encouragement from their cabin mates helped them to believe that they would be okay. We again ate sandwiches for lunch and then boated back to pack up the van. The drive back to Wav wasn't complete without a surprise pit stop at J-Scoop for a celebratory ice cream treat!



Junior Wavus Courage

HBC: Emily Hebert

JC: Ana Schavoir

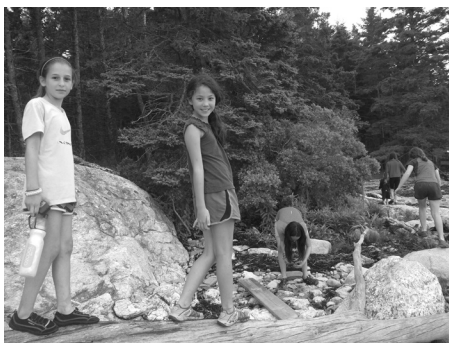
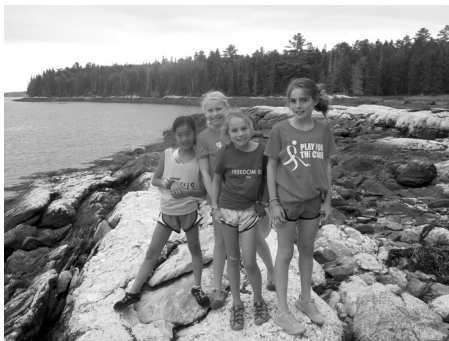
JC: Hannah Grover

July 8-9: Hog Island and Snowgoose Day 1

Our big trip for Courage cabin was an overnight trip to Hog Island. We started our trip off at Pemaquid Lighthouse, where we walked along the rocks and explored the tidal pools. After much climbing and exploration we headed up to the picnic tables for lunch. Once everyone had finished with her lunch, we packed up and headed to Bremen where we hopped on the Snowgoose III lobster boat and set out for Hog Island. After bringing all of our gear to the campsite, the girls took on the challenge of setting up tents. We took a break from setting up tents to go for a swim. Although the water was absolutely frigid, the girls continued to jump off of the dock and had a great time!

The rest of our day was quite jam packed with activities such as exploring the mud flats, rocks and tidal pools, a nature walk around the island, and a trip into the lab. While exploring the mud flats the girls searched for mussels and were able to try some of the edible plants found on the island. Many of the girls commented on how much fun they had in the lab because of the touch tank and all of the different things to look at. The touch tank included many different species, including various types and sizes of crabs, small fish, a starfish and even a lobster! What the girls enjoyed most about the touch tank was the fact that they were able to pick up some of the inhabitants.

Once our afternoon activities concluded, we started dinner for the



girls while they went to watch the puffin and osprey cameras and explore the lab further. For dinner we had pita pizzas which the girls seemed to enjoy. After we all cleaned up from dinner, we sent the girls back to the campsite so that they could change for a campfire. We sang camp songs, ate some s'mores and did some fun activities with Ryan and Aaron. The girls were able to see a bacteria that lights up the water when it is agitated and used mints to create sparks in their mouths. They really enjoyed this portion of the trip! After a day full of fun it was time for bed.

Day 2

The next morning we all woke up and while the counselors made breakfast, the girls worked on breaking down the campsite. After some S&M pancakes and fruit we lugged all of the gear down to the dock to be loaded onto the Snowgoose III so that we could bring it back to Bremen landing. Once all of our baggage was safely at Bremen, we set out on the Snowgoose III.

The girls were able to help pull lobster traps out of the water. It was not a particularly nice day; however, some of the girls decided to brave the frigid Atlantic water and swim anyway! The girls had a blast jumping off of the top of the lobster boat, they even convinced Captain Bill's assistant to jump with them! After our chilly swim we gathered everyone for sandwiches and leftover fruit for lunch. Soon after we arrived back at Bremen landing where we packed our belongings into the van and headed out for the last part of our trip – ice cream! While this was only an overnight, the girls definitely learned and developed important skills, which they will continue to build upon in their years at Wavus.

Junior Wavus Kindness

HBC: Missy Harney

JC: Lauren Cardenas

JC: Maddison Smith

July 8-9: Hog Island and Snowgoose Day 1

Kindness cabin had an amazing time on our overnight on Hog Island. We started off the day by going to Pemaquid lighthouse, and we walked on the rocks and looked for hermit crabs. After that we went up by the vans and had lunch and then headed out to go to Bremen. We learned so many new and exciting things about the environment we live in. On Hog Island we set up tents and then we went and listened to Ryan and Aaron in the lab and they talked about all the creatures of the sea and land. In the lab there was a touch tank, which had crabs, lobsters, hermit crabs and many other creatures of the deep in it, which the girls could touch and pick up and learn all about.

After our time in the lab we took a nature walk around the island and learned all about the history of the island and all the creatures that inhabit the island. On our walk we tried different edible plants and the girls seemed to really enjoy this part of our walk. After our walk we went and had pizzas for dinner, which the girls seemed to really like. We then made a fire and had some terrific s'mores and sang so many awesome camp songs. Later in the night after the girls got ready for bed Hog Island Ryan took us in the lab and showed us some awesome tricks such as seeing blue sparks in our mouths when we bit down on wintergreen mints in the dark. After that we went down to the water and saw the glow in the dark algae.



Day 2

The next day we went on the Snowgoose III which is a lobster boat. On the boat the girls got to haul traps and swim in the ocean. We then ate sandwiches on the boat. Afterwards we had ice cream and then headed back to camp. Overall I hope the girls learned all the skills they would need to further themselves at Wavus as well as had an amazing time bonding and creating lasting friendships.



Algonquin

HBC: Poppy Doolan

JC: Greta Brown

JC: Ally James

July 1-2: Bremen/Hog Island

Day 1

After a delicious Wav breakfast, the Algonquin girls were ready for our journey to Hog Island. It was overcast and the clouds were looking a bit ominous, but we unpacked our belongings at Bremen and avoided the rain. The majority of the girls had not paddled before, but proved to be naturally talented; they kayaked across the lake to Hog Island at an amazing speed! At Hog, the girls set up camp while the counselors made a lunch of sandwiches and granola bars.

After lunch, we all explored the island. We found crabs of all sizes and even some mussels to add to the touch tank. Although it was pouring rain, the Algonquin girls were not deterred; they were on a mission to beat the world record for the greatest amount of crabs in one bowl! The excitement among the cabin forced the rain to take a back seat. After a long day of exploring Hog Island, learning about leave no trace principles, and catching crabs, the girls were more than happy to sing the "Babushka" song around the fire, make s'mores, and go to sleep early.

Day 2

Most of the Algonquin ladies admitted to having had their best sleep on Hog Island. After sleeping in and enjoying the pitter patter of the rain, we were up and ready for s&m pancakes and another day roaming around Hog Island! We started off the day by splitting up the cabin and going on a scavenger hunt around the island looking for different items such as the

"youngest" and the "oldest" things we could find in the environment. On our scavenger hunt list, we decided Maeve was the youngest, since she is the youngest at camp! We also all teamed up and made fairy houses in the enchanted forest of the island; the girls were very creative. I think many fairies slept well that night!

Upon our return to the campsite, we learned about distinguishing coniferous and deciduous trees by playing "tree tag" and packed our campsite. By the early afternoon the girls were eager to kayak back across the bay and return to Wavus in time for the evening activity of capture the flag. Overall, the Algonquin girls cheered each other up through the rain and had a fun trip! We are excited for our next adventure in Camden Hills.

July 6: Snowgoose

What a PERFECT day to be on the Snowgoose! The Algonquin girls (and counselors!) were thrilled to be on the Kieve-Wavus lobster boat on such a hot sunny day. In the morning Captain Bill boated us about thirty minutes from the Bremen landing to go fishing. The cool breeze, sounds of the lobster boats, and the scenery of the jagged Maine coastline were amazing. On the way to our fishing location, many of the girls had binoculars out and were searching for seals; we spotted 2 seals and 2 bald eagles! Once we arrived to the fishing spot, the girls were anxious to swim, but Jose managed to catch 2 fish before we decided to call it quits. We all had a yummy lunch of pita sandwiches, grapes and carrots. After, Captain Bill brought us to a small cove, perfect for swimming! Everyone in Algonquin went swimming; Isabel and Guin even jumped off of the top of the boat 31



times- quite a feat in the frigid Maine ocean! On the way back we pulled up some lobster traps. There were a lot of baby lobsters which were so cute but we had to release them (after playing with them!) because they weren't big enough. Overall, it was another great adventure for the Algonquin girls!

July 10- 12 Camden Hills

Day 1:

Our first day of our trip in Camden Hills was very foggy, but Algonquin was nevertheless enthusiastic and ready to hike! We started off our trip by hiking Mount Battie. Unfortunately there was no view because of the fog, but the girls were very surprised by the old castle at the top- and the adorable dog we met named Mr. Chewie. On the way down we came across Evie's brother- he had been doing the same hike with another camp! The weird coincidence caused the girls to laugh all of the way down the mountain.

When we returned to camp, we all adventured down a short trail from the campsite to a rocky beach and enjoyed the view of the schooners returning into Camden harbor. At night, all the girls collected sticks and learned how to build a fire. For dinner we had yummy pasta with marinara sauce. As you can guess, the girls saved plenty of room for some delicious s'mores!

Day 2:

We woke up to another great day to hike! It was very cloudy again, but after a big breakfast of s&m pancakes we were ready to hike Maiden Cliffs. The hike was steeper but shorter than Mount Battie. At the top we had a fantastic view of the surrounding lakes. Luckily, most of the blueberry bushes had just ripened so we picked a lot and put them in a bandana to go

with breakfast the following morning. The girls hiked quickly, so after a pita sandwich lunch back at camp, they were ready and excited to hike Bald Rock! The Bald Rock hike was similar in length to Maiden Cliff, but the view at the top was the best so far; we were overlooking the ocean and the Camden Harbor!

After both hikes the girls were exhausted. We ate pita pizzas for dinner, sang hilarious songs made up by the girls, and scarfed down scrambled brownies for dessert! Even after all the sugar, everyone was ready for an early bedtime.

Day 3:

The girls woke up and were quick to pack up the tents and their own sleeping bags and boundary packs. After some bagels with cream cheese, we packed up the van and trailer and were off to hike Mount Megunticook. This was our longest and last hike but for some reason the girls had been looking forward to this hike in particular throughout the trip. Again, all of the counselors were so impressed with how fast the girls were hiking!

We summited the mountain in a little over an hour. The view at the top was beautiful. It was our highest peak; from the summit we could see the castle at the top of Mount Battie, many surrounding lakes, and the ocean. We were at the base of the mountain by 11:15, so we spent the afternoon and ate lunch at Lincolnville Beach! Some of the girls went all the way into the frigid Maine ocean, and others spent time burying each other on the beach. We stopped at J-Scoop on the way back, but when we finally returned to Wavus, the girls were excited for hot showers!

Mohawk

HBC: Mary Strang

JC: Lindy Perry

JC: Alice Lazare

July 1-2: Damariscotta Lake

Day 1

After eating a hearty breakfast at Wav, the girls of Mohawk loaded the last of their gear into the canoe trailer before setting off to Kieve. During the quick drive over to Kieve, the girls blasted tunes and jammed out the whole way there. Upon arriving, the girls quickly and efficiently unloaded their gear and the canoes. After loading the canoes, the girls partnered up and paddled around, practicing their strokes while singing songs. After a good bit of practice, we rafted up near the shoreline to eat our lunch.

Then, we paddled over to a tiny island and explored it before deciding to find a nice place to swim. The girls went diaper diving, played Poison Dart Frog, sang more songs, and told funny stories. Suddenly the weather took a turn and it started to rain so the girls acted fast, unloaded the gear, and set up tents on what the girls renamed "Buggy Point." For dinner, we all sat under the shelter of the tarp and enjoyed some yummy chicken patties and for dessert, some S'MORES!!! After having their fill of s'mores, the girls returned to the shelter of their tents for a good night's sleep.

Day 2

We got an early start the following morning, ate breakfast sandwiches, and packed up camp to make the paddle back over to Kieve. We arrived at Kieve at 9:30 to go rock climbing at the indoor rock wall. The girls challenged themselves and all made it to the top, victorious! To complete the

trip, we stopped at J-scoop for some well-deserved ice cream! Overall, the trip was a blast!

July 7-9: Mt. Blue State Park

Day 1

After a yummy Sunday breakfast at Wav, the girls of Mohawk packed up their gear, loaded into the van, and set off for Mount Blue State Park in Weld, Maine. Along the drive, the girls sang along to their cabin CD and of course, 92 Moose! We checked into the ranger station and continued onto our campsite, very near the Mount Blue trailhead. Once we arrived at camp, we ate a yummy lunch, and pitched our tents. Once we set up camp, we learned about the principles of LNT. Following the LNT lesson, we played countless rounds of Poison Dart Frog before gathering firewood, twigs, and kindling to make a fire. The fire got going and was a huge help to fend off the mosquitoes. While some girls continued playing games and singing songs, the others helped set up the Coleman to begin making dinner. We all enjoyed bacon burgers with s'mores for dessert! After a filling dinner, the girls headed off to their tents to rest up for the day ahead.

Day 2

We woke up to the sound of rain hitting the tent. After a groggy start to the day, we got up and ate bagels with cream cheese and jelly. The weather was not so great, especially for hiking so we hopped in the van to the Nature Center instead. The Nature Center turned out to be a huge hit. Inside, they had lots of hands-on activities and some cool animals on display. We even got to hold the snakes! At the Nature Center, we talked to a ranger and he recommended hiking Bald Mountain



but still warned us that it would be very wet and slippery. After we said our goodbyes to the snakes, we piled into the van once again and set off for the Bald Mountain trailhead.

Not 20 steps into the trail, we came upon a fast-moving river with lots of slippery rocks. We contemplated the best way to cross the river and had one counselor stay in the middle of the river to help the girls across. We made it successfully across and continued. After some time with some difficulty due to the adverse weather conditions, we made it past the tree line and into the clouds! Shortly after, we reached the summit and rewarded ourselves with GORP and other snacks. After hanging out at the top and resting up, we headed back down the mountain and back to camp around dinner time. While the counselors prepared a yummy dinner of pesto pasta with chicken, the girls played games and told stories. Then, we all enjoyed a very filling dinner followed by scrambled brownies before we all went to bed.

Day 3

We woke up early to a tasty breakfast of M&M pancakes!!! We broke down camp and packed up all of our gear before enjoying our yummy breakfast. We gathered our gear and loaded it up into the box trailer, except for our day packs for the hike. After breakfast, we set off to hike Mount Blue!

The hike was steep and slippery from all the rain, but it was beautiful. Lindy led the way with the girls close behind singing songs and being goofy. Later, the girls practiced their British accents while hiking. They pretty much nailed the accent to the point where a man walking past asked one of the counselors where the girls were from! We kept a good pace and made it to

the top where we enjoyed GORP and funny stories. We had to head back soon after to make it to the van so that we could head back to Wav in time for dinner... and a stop at J-Scoop, of course! We made it back just in time for dinner and then watched *The Parent Trap* for evening activity!

July 4: Snowgoose

Today was the Fourth of July!!!! The girls woke up and dressed in their best Fourth of July celebration attire. After eating a yummy breakfast at Wavus, we gathered our daypacks for our trip aboard the Snowgoose and set off for Bremen Landing. As usual, the van ride over was filled with lots of laughter and singing! When we made it to Bremen, we grabbed our gear along with lifejackets and boarded the Goose.

First, we set off in search of lobster traps. Soon enough, the girls were heaving the heavy traps into the boat. We caught a few lobsters before changing gears and going fishing. The girls fished with great patience and were soon rewarded with tugs on their poles and a fish on the line. After fishing, we anchored up for some turkey sandwiches, granola bars, and Oreos! Along with lunch, the girls snacked on grapes, blueberries, raspberries, and strawberries.

After being in the hot sun for a while, the girls were eager to jump into the ocean...So they climbed up on the roof of the Snowgoose and plunged into the chilly ocean water below! We really lucked out on the weather; it was a perfect summer day! After lots of swimming, jumping, and even diaper diving, we headed back to Bremen landing to head home to Wavus...But we took a pit stop at J-Scoop...A perfect end to a great day!

Cheyenne

HBC: Jordan Atkinson

JC: Andrea Silvestri

JC: Claire Yost

June 29-20: Damariscotta Lake

Day 1:

We left Wavus at 10:30 am and arrived at Kieve's Harriet House at 11 am. We unloaded the canoes and gear from our trailer and started paddling over to Cool Island. There were two campers in each canoe and the counselors taught the proper strokes right next to the shoreline. All campers were able to experience being in the bow and the stern.

Once we arrived at the island, we sat down at the picnic tables and ate lunch; then the campers started exploring the island. Cheyenne pitched the tents and then all met up with our Crazy Creeks by the picnic tables. We talked to the campers about all the Leave No Trace Principles and outdoor ethics and the importance of following each principle. Later that afternoon we all decided to go diaper diving off the shoreline of the island. It was a new experience to many campers and everyone had a blast! After dinner, we ended the night with campfire songs and skits.

Day 2:

We woke up early to pack up in order to arrive at the indoor climbing wall at Kieve. Every girl got up on the wall and we discovered we have a lot of great climbers in the Cheyenne cabin! All said they would love to come back and do this again. We walked back to the dock where we tied our canoes and ate some lunch. We paddled to our van, packed everything then headed to Wavus. Once we unpacked, we brought the girls to the local ice cream shop for a well-deserved ice cream!

July 12: Snowgoose

On Friday, July 12th, Cheyenne was lucky enough to go on the SnowGoose. The SnowGoose is a lobster boat that takes Kieve-Wavus campers out for the day. After eating breakfast at Wavus, we arrived at Bremen Point at 10 am. We were greeted by Captain Bill and Megan on the dock, then boarded the boat. Captain Bill brought along his puppy Blizzard. The girls loved her. Our first stop was Hog Island. We talked with Hog Island Ryan for a bit then headed further out to sea. Captain Bill stopped at five different lobster traps. The girls did a great job pulling up the lobster traps. Captain Bill taught us how to measure the lobsters so they knew which ones to keep and which ones they would have to throw back in the water. They loved holding the lobsters and throwing them back into the water. We made sure to take lots of pictures!

On our way to Captain Bill's fishing spot, we spotted a rock covered with sea otters. The girls wanted to get closer, but were told if we did, they would jump in the water and swim away. Once we arrived at our first fishing location, Captain Bill and Megan handed out the fishing poles to everyone who wanted one. All twelve campers were fishing at one point or another and majority of our girls caught at least one, if not more, mackerel! We passed the Franklin Lighthouse, the third oldest lighthouse in Maine, on our way to our lunch spot. We anchored the SnowGoose in a cove and had sunbutter and jelly/honey sandwiches with apples afterwards.

Once our lunch was finished and cleaned up, the captain gave the OK to jump off the boat. The girls had great time and collectively we



jumped off almost 200 times! The girls relaxed in the sun on the front of the boat until it was time to head back to Bremen Landing. On our way back, we surprised the girls with a choice of Milky Ways or Oreos. Captain Bill took us on a detour and went along the coastline of Friendship, Maine. We got to see all the gorgeous houses and boats along the coastal property. We thanked Captain Bill and Megan for a wonderful day on the boat and headed back to Wavus for the tail end of Carnival Day!

July 3-5: Mt. Blue State Park Day 1

Today we left at 10 am en route to Mt. Blue State Park. Once we found our campsite, we made lunch and set-up our campsite. There was a nice little shelter to hang out under while we ate. We decided to hike Mt. Blue in the afternoon, but due to a thunderstorm, we had to turn around. Since it was later in the day, we got in the van and drove to the State Park beach. Some girls made canals through the sand into the water while others took sand "food" orders and prepared the fancy entrees for each other. Although we didn't get to reach the peak, we still had a great afternoon and it turned out to be a clear warm night on the water. The highlight of the night was definitely Charlotte's surprise birthday accessories. While hanging around the picnic tables, we surprised Charlotte with a birthday cake and everyone sang Happy Birthday.

Day 2

The next morning we woke up and left the campsite around 9 am for our most intense hike, Tumbledown Mountain in Mt. Blue State Park. Everyone knew it was going to be challenging, but we

were so proud when all of Cheyenne reached peak to find there was a large pond. We enjoyed the view as we ate lunch at the top. The hike down was most challenging for our group, but each girl encouraged one another. Later that afternoon, we went for another swim at the state park beach, then went back to our campsite where we prepared for our 4th of July festivities. We spent time talking about different family Fourth of July traditions over dinner, then started a fire for S'mores. It was great lots of girls brought Glow-sticks and the 4th of July party favors. We finished off the night with lots of sparklers and candy!

Day 3

On the last day, we hiked Bald Mountain. It was a beautiful day and our first challenge was crossing a stream. The girls looked at the stream and started to make a line across the stream. One by one each girl walked across the stream relying on the support of their friends. This proved how strong they are as a team. It was a gorgeous 360° view when we reached peak. The girls really enjoyed walking on all the boulders at the top. It was quite an accomplishment for Cheyenne to be able to stand on the tops of two different mountains within a 24-hour timeline. We were all very proud as we drove back to Wavus!



Cayuga

HBC: Hannah Lovejoy

JC: Anna Feiss

JC: Megan Stroud

June 29-30: Hog Island

Our primer trip to Hog Island was full of changing weather, nature themed activities and lots of FUN! We went on a foggy sea kayak paddle to get to the island where we were met by Ryan and Aaron. We learned how to properly set up our tents and then played a fun game where we had to match different color swatches to things we found in nature. It was hard to find bright purple, but we did it! We went on a hike around the island where we learned about different ecosystems and how important Hog Island is. During our solo time, the sun finally came out after four long days. After a dinner of burgers, we walked to a cove to watch the sunset. We learned how to make a campfire, and after singing some of our favorite Wavus songs, we had surprise s'mores!

Day 2

The next morning, the Maine Trails cabin came from the other side of the island and we enjoyed breakfast together. We then sea kayaked to a different island where we went cliff jumping! Our afternoon finished with a bang when we ate our freshly caught and cooked mussels. Needless to say, it was a great trip and we can't wait for the White Mountains!

July 3-7: White Mountains

Day 1

We left Wavus on Day 1 with it raining, but as we left the coast and headed inland to the White Mountains, the sun came out. We listened to some of our favorite songs in the van like

Stay Stay Stay and the Cup Song. We saw some amazing views of the mountains, which got us even more excited for hiking. Once we arrived at our campsite and checked in, we set up our tents. Since we learned how to do this while at Hog Island, the girls were already experts. We decided to do a short hike near our campsite to make sure we were all ready for Mount Washington. The girls learned some good ways to hike, like following the blazes, not hiking on slippery rocks and when to take breaks. The girls proved to already be master hikers! We headed back to the campsite where we made quesadillas with chicken, avocado, melted cheese and ore! In our nightly circle, we talked about our hike for the next day- Mount Washington! We went to bed early but it was hard to fall asleep since we were so excited for our big day to tomorrow.

Day 2

Day 2 of our trip started at 4:30 a.m. After a quick and nutritious breakfast of maple and brown sugar instant oatmeal and blueberries, we piled in the van and headed to Pinkham Notch, which is the trailhead to summit Mount Washington on the Tuckerman's Ravine trail. The trail started out fairly easy on a rocky but wide trail. Even though it was the Fourth of July, it was so early out that we had the trail to ourselves. We made better time than we thought we were, and split off from the main trail after only one and a half hours of hiking!

After this, the trail got much steeper, and we needed to start bouldering. Even though it was much more difficult and slow-going, the girls' positive attitudes only seemed to increase. We kept a steady pace, and before we knew it, we were above tree line.



The views were beautiful, and made us realize how lucky we were to have this experience. We kept hiking, but as we got higher and higher, it became foggy, and unfortunately we decided that it was necessary to turn around before we summited. Everyone in the Cayuga cabin was so proud of themselves for getting only 0.3 miles away from the summit.

On our way down, we saw more hikers, all of them very impressed that we had hiked so far. We purchased "I Climbed Mount Washington" stickers at the bottom to remind the girls of their unbelievable hike. Once we got back to the campsite, we cooled off in a nearby stream, and got to our tents right before it started to pour. We had pesto pasta for dinner, and, when the rain stopped, designed our own commercials for some of the camping equipment. An early bedtime was necessary after such an early morning, and the girls went to bed feeling very accomplished.

Day 3

On Day 3, we got a little bit of a later start compared to the day before. We had a yummy breakfast of bagels, cream cheese and jelly before heading out for a nice, relaxing day at Emerald Pool. The road there was along a river, which made us even more excited to jump in the water. After having a little bit of difficulty finding the trailhead, we set out on the hike to the pools. When we got there, we couldn't believe our eyes. The water was really emerald, and there was a perfect spot for jumping off 15-foot cliffs into the deep water. It was exactly what we were hoping for.

The day was spent relaxing in the water, jumping off the cliffs, reading in our Crazy Creeks, and even creating an Emerald Spa, complete with massages,

bubble baths and a Jacuzzi. We left Emerald Pool and headed back to the campsite for dinner, where we made pizza for dinner. The predicted afternoon thunderstorms held off, and we were able to build a fire and have s'mores! We sang some of our favorite songs around the fire, like Wagon Wheel and Taylor Swift. We ended the day tired but happy.

Day 4

Day 4 was another hiking day. We awoke a little earlier than the previous day and drove to Iron Mountain. The road there was such a narrow dirt road that made us hope we didn't have to turn around! The trail up was difficult but short. We were all sore from our hike up Mount Washington, which made us not move as fast. On the top, there was an old, broken down fire tower. After a break, and lots of GORP eating, we made our way back down.

On our way back from Iron Mountains, we stopped at Glen Ellis Falls for lunch. The falls were over 60 feet high! The water made us want to swim again, so we headed back to our campsite where there were some natural waterslides that we wanted to explore earlier. We all took turns going down the slides, which proved to entertain us for hours! The water was very refreshing after a couple days of hiking in the heat. While dinner was cooking, some of the girls practiced their gymnastics.

After our dinner of rice pilaf and vegetables, we made another campfire, and this time talked about some of the cool things we had done the previous year, and what we hope to accomplish this year. The campfire ended with surprise scrambled brownies and mixed emotions about heading back to Wavus the next day.

Day 5

Our last day on trip was special because a couple of the girls decided they wanted to cook cinnamon rolls for everyone. The rolls were delicious and a very nice treat! After we packed up camp and made sure we did not leave any trash anywhere, we drove to Jockey Cap Mountain, which was a short hike up to the top of a huge, bald rock. We had lunch at the top, and were surrounded by amazing views of the White Mountains. We piled into the van for the last time. On the drive back, many of the girls fell asleep but woke up just in time for a well-deserved stop at J-Scoop!

July 18: Snowgoose

Our day trip to the lobster boat, the Snowgoose, fell on the perfect day! It was hot and sunny out when we left Wavus and we all couldn't wait to get on the ocean. Captain Bill and Megan met us at the dock and after we got our life jackets on, we were off! Our first activity consisted of hauling four lobster traps up from the depths onto the boat. We caught a total of five lobsters and one crab. Megan explained the differences between a male and female lobster, and then the girls got to hold and pet the lobsters. We tried to have a lobster race, but unfortunately the lobsters didn't move.

Captain Bill then told us we were going out to see puffins, which was a very special treat- the first Wavus cabin all year! It was about a thirty-minute boat ride out, and although it was a little bumpy, when we saw the wild puffins, we knew it was worth it! We arrived at an island with lots of birds on it, and used the binoculars to look for the puffins. They were everywhere! When Captain Bill told us how rare

puffins were, we realized how lucky we were to be here.

We made our way back, and stopped off an island for our lunch of make your own sandwich. Then came the part everyone was looking forward to the most- jumping off the top! Everyone in the cabin jumped off at least four times, and some girls got all the way to fifty! The ocean water was 67 degrees, which made it easy to jump. After drying off on the boat and reading, Captain Bill surprised us with KitKat bars, which we ate as we made our way back to land.

Cherokee

HBC: Bee Crudginton

JC: Grace Muller

JC: Hailey Herring-Newbound

June 28: Snowgoose

Cherokee went on the Snowgoose today and while the girls were nervous at breakfast that the trip would be cancelled on account of the rain, it was only misting on the coast. We piled into our van and sang along to the radio all the way to the Bremen landing. Captain Bill took us sightseeing: we spotted many seals and an osprey nest on Hog Island. We found a couple lobsters in the lobster traps and even held them in our hands. A couple of brave girls (Elle, Julia, Lucy, Amelia, Liv, Lila, Natalie) jumped off the roof of the boat into the chilly Maine ocean. We had a yummy lunch of pita and sunbutter and jelly. We stopped by a penny candy store on the way back because Captain Bill thought the girls were so cheerful and well-behaved despite the dreary weather.

July 2-3: Hog Island

Day 1

We began our Hog Island primer with a misty kayak over to Hog Island in Muscongus Bay after a kayaking clinic given by Ryan. The girls in our cabin were naturals at kayaking which made the paddle over quite short. As we neared the island, we were greeted by the Algonquin cabin who cheered for our arrival. We learned how to set up tents and make our campsite tidy.

For lunch we split into tent groups and performed skits about LNT, leave no trace. After a yummy meal of grapes, carrots and pita, turkey and cheese we headed into the interactive classroom. Ryan and Aaron showed the girls around the touch tank and all the displays such as the smell test where campers had to decide what island object the vial smelled like. The mystery of the day was a whale's baleen, which is a tooth. We headed outside and collected seashore creatures and harvested mussels that Ryan cooked for an extra dinner course.

Ryan then took our cabin on a walk around the island that included the geological history of the island. There were plenty of yummy edibles that we were able to try such as wild spinach, arugula, a sweet tasting flower and nature's "pop rocks". We ended the hike with a reflection time in the mossy enchanted forest where we sat silently trying to listen to all the sounds of nature that are usually lost to us. We headed back to camp to eat a yummy dinner of burgers with avocado, tomatoes and lettuce. As we were washing our dishes we saw a huge porcupine that is jokingly known as the porcubear on Hog Island due to its size. We ended our first night with s'mores and circle time.

Day 2

The next day on Hog the weather was trying to clear up so we packed up camp and made a delicious breakfast of cinnamon rolls, berries and hot cocoa. We moved all of our gear over to the Fish House and loaded into our kayaks for a paddle over to one of the satellite islands and we even saw Kieve on the Snowgoose. We pulled our kayaks up onto the island and began exploring. We found an osprey nest and Ryan gave us lots of riddles to try and solve. As the tide got lower, we swam and waded across the small channel that separated two islands and began to explore. Ryan took us to a rock to jump off of and a lot of our cabin jumped into the chilly ocean. The sun finally came out to warm them up during our paddle back to Hog. After a lunch of granola bars, apples and pita with sunbutter and jelly we paddled back to the Bremen Landing and headed back to Wavus. It was an incredibly successful trip and all the girls had so much fun!

July 8-12: White Mountains

Day 1

On our first day of trip, we loaded into the van and sang along to our cabin CD as we drove towards New Hampshire. We stopped for lunch at a rest stop and had a yummy lunch of pita, sunbutter and jelly. We arrived at our campsite, Dolly Copp, and set up camp. The weather caused us to not be able to hike so we had a mellow day and then ate fajitas for dinner. During our circle time we gave a quote for the girls to think about tomorrow: "Water cuts through rock not because of its power but because of its persistence." Cherokee had an early night to prepare for Mt. Washington the next day.



Day 2

The Cherokee girls rose bright and early in order to summit Mr. Washington. After a quick breakfast of bagels and cream cheese, we drove to Pinkham Notch and began hiking up Tuckerman's Ravine. All the girls rediscovered their love for gorp during our breaks and even made up a song about it. While the climb was difficult and challenging, the girls cheered each other on and emerged as leaders. The Cherokee girls hiked and made up a song that they sang all the way up.

As we reached the peak, the rain began. Luckily for us we made it inside for lunch. We relaxed on the summit, purchased stickers and took a picture at the summit sign. Mt. Washington is known for its ever-changing weather and today it cleared up for our descent. We hiked down Lion Head Trail and as the clouds moved past, we could catch gorgeous views of Mt. Washington basking in sunlight and the surrounding mountains. The sunshine geared us up for a long hike down. Back at camp we finished the day with pasta so to recharge for the rest of the trip.

Day 3

We woke up and had a filling breakfast of oatmeal and blueberries. We then embarked across the Maine state line to hike the Wilderness Boundary, a trail that leads to Caribou Mountain. Despite the drizzly weather, our spirits were high and we practiced our song about hiking Mt. Washington. After hiking for a couple of hours, we ate a yummy lunch under the trees and the weather cleared up. After a restful hour of reading, we had gourmet camping pizzas for dinner and reflected on the day over camper candy. We closed our circle time by talking about the most influential people in our life.

Day 4

After a breakfast of Honey Bunches of Oats, a torrential downpour delayed our plans. Ever flexible, the girls were happy to wait out the storm before starting our day. On our nature hike we learned how to purify water and we learned how to identify clouds for weather patterns. We headed back to our campsite and packed lunch for our walk to a refreshing swimming hole. The girls dried off back at camp before dinner and made friendship bracelets.

We closed the day with grilled cheeses, carrots and scrambled brownies. Our circle time was very serious and reflective and ended with a meaningful compliment circle.

Day 5

The weather cleared up for our last morning on trip. We packed up the campsite and made a sweep before sitting down to S&M pancakes for breakfast. We drove back to camp and stopped for J-Scoop.

Narragansett

HBC: Becks Slack

JC: Charlie Karp

JC: Dylan Alles

July 2: Snowgoose

Today was the first of our primers! Even though the weather was not ideal, everyone had a blast! It all started with packing everything we needed the night before and each girl accomplished this with the help of a counselor. The next morning everyone had a healthy breakfast in camp before we started on our half hour drive to Bremen landing. Everyone jammed out to some of their favorite songs before arriving. Once on the Goose everyone put on a life jacket and the journey began! Most of the girls

participated in lobstering, fishing, and even jumping off the Goose. Those who did not happily cheered on their cabin mates from the deck of the boat. The girls are looking forward to many more adventures to come.

July 6-7: Hog Island

Day 1

After eating a wonderful breakfast at Wavus, the cabin loaded all their gear that they packed from the previous night into the trailer. After the 30-45 minute drive to Bremen landing, the girls excitedly portaged their kayaks down to the water and paddled over to Hog Island. The girls happily sang songs and cheered each other on while they crossed the bay. Once we arrived, we did a quick introduction to the island staff, Ryan (aka Hog Island Ryan) and Aaron, there was a quick tour and then the girls were in the water. They did everything from jumping off the pier/dock to cheering on their cabin mates. After that we had a good healthy lunch of SBJ (Sun butter and Jelly) with dried fruit and cheese sticks.

Soon after we finished, we started out on a hike around the island which lasted about two and a half hours. This hike included a stop at a beach where the girls played in the water and put on a production of their award winning "82" performance.

After the hike it was dinner time! The girls set out to find mussels for the next day's lunch, while the staff prepared pita pizzas for dinner, which most everyone enjoyed. Last, but not least, to wrap up the day, the girls went on a night hike to a bog in the middle of the island. It was a great and wonderful learning experience for the girls. Everyone was excited for the next

day's activities and rested peacefully in their tents that night.

Day 2

The next morning at Hog Island, the girls woke up, packed up their tents, and had breakfast (which was oatmeal). After everyone cleaned their dishes, the girls headed back into the water. Some of our girls were even brave enough to try doing some tricks off the top of the pier. All ended safely, of course.

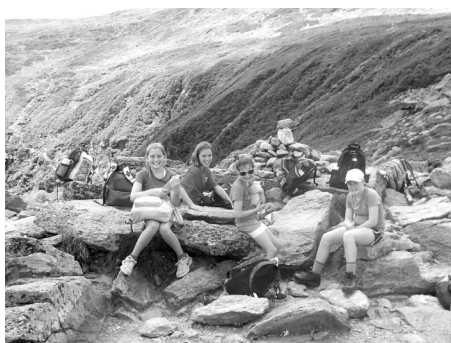
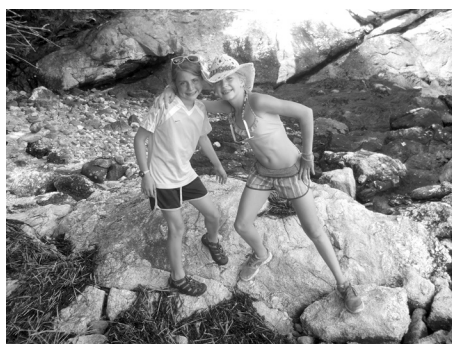
Next the girls headed into the lab where the touch tank resided and it was good to watch and interact with some of the animals Ryan and Aaron had collected around the island. There was also a mystery of the day which all the girls got to guess at (more like a mystery feather), which ended up belonging to a turkey! After this the girls had lunch, SBJ and the mussels they had collected the previous day. All of the girls tried at least one and many of them ended up loving them!

After this lunch we had a quick goodbye with the boys and hopped back into our kayaks and paddled back across the bay, singing as we went. The very last stop on our trip was to Jefferson Scoop. Each girl enjoyed her own ice cream while sharing stories of their favorite parts of the trip making the trip end on a super positive note. The girls are excited for their trip to the White Mountains!

July 13-17: White Mountains

Day One

Today we set out on our cabin trip to explore the White Mountains! The girls were very excited and ready to conquer Mount Washington, but first we had a three and a half hour drive ahead of us. But the girls happily jammed out to a few of the CDs we brought from Wavus and soon enough the car ride was over.



Once there the girls split up into their tent groups and went about setting up their tents. After everything was all set up, we all sat down to a dinner of pita pizzas made by Dylan and Charlie. Later, right before bed, we talked about the hike tomorrow and what to pack and what to expect. Shortly after, it was straight to bed.

Day Two

Today was the day we climbed, and summited, Mount Washington!! The girls got up at 5:30 and put on sunscreen and bug spray. Shortly after, we had a breakfast of oatmeal and dried cranberries. Once dishes were cleaned, everyone claimed seats in the car and we headed out. We arrived at the trailhead about 6:00 am and started off on our hike. We traveled up Tuckerman's Ravine.

It took the girls four and a half hours to summit, but the girls were 100% positive, even when climbing an almost vertical slope. Their efforts to make it to the summit will forever be inspiring. After reaching the summit at 10:30 am (can you believe that?!), we had a lunch of SBJ (or sunbutter and Jelly). The girls got stickers saying they climbed Mount Washington; we started on our descent on Lions Head path.

This path was shorter, but way steeper. But did this stop the girls? No way! Each kept a positive attitude and showed kindness and respect to the slower members of the cabin and created their own cheering squad for the slower half of the group. Around 5-5:30 pm we completed our hike! We drove back to the campsite and had a dinner of pesto pasta and did round of rose, bud, thorn (where the girls talked about the favorite part of the day, what they're looking forward to next, and what they wish they could have

changed), we hopped into bed around 9:30 pm for a good night's sleep.

Day Three

Today was our rest day. The girls got up at 7:30 and had breakfast of bagels. After, they all got into their swim suits and applied sunscreen for our trip to Emerald Pools. Everyone hopped into the car for the 45-minute ride to the trailhead of Emerald Pools. The trail was only .3 miles to the pools so the girls breezed through it. After, we spent the whole day splashing around in the pools and jumping off the rocks. All the girls had a blast and enjoyed their rest day. We left the pools around 3:30 and had a quick rest hour. After, we had a dinner of quesadillas where girls created their own masterpieces to consume. Shortly after everyone finished, we did another quick round of rose, bud, thorn and talked about the plans for the next day.

Day Four

Being the last full day of trip, we took the girls to Iron Mountain, 45 minutes away from camp. This being after a rest day, the girls were excited to be on the trail again. This 2.2-mile trail was a quick but steep hour up. At the summit the girls enjoyed a quick GORP (for parents who don't know, this is a popular snack that contains a mixture of campers' favorite snack foods like Chex-mix, S&Ms, granola and other things like that), and were itching to get back down (but seriously, the bugs were terrible), but nevertheless this did not affect any of the girls' positive attitude.

Next, we drove back the base of Mount Washington and did another half mile hike called "Lost Pond." This trail led the cabin to an active beaver pond and to our lunch destination. The girls greatly enjoyed the view of their

lunch spot so much so they asked to stay a little longer and do trivia, and the counselors happily obliged. After the girls enjoyed another rest hour, we sent off to a local swimming/waterfall for a quick dip and rinse off.

After we had a dinner of DANK (of really REALLY cheesy mac-n-cheese). This was a meal requested by almost all the girls. After the girls enjoyed marshmallows and a quick rose, bud, thorn, it was off to bed.

Day Five

This morning we woke up at 7:30, packed up camp, and loaded up the vans and headed out for one last hike, "Elephant Head Trail." It was an hour away from our campsite, but the view at the top was worth it! While on the top the girls enjoyed a session of yoga and some wild blueberries that were growing at the top of the peak. After the quick hike back down, it was back to Wavus. All the girls enjoyed the trip and can't wait for what's next for them back at camp.



Omaha

HBC: Sky Dunfey

JC: Meg Mannix

JC: Molly Cleveland

June 27-29: Bigelow Mts.

Day 1

On the first day of our trip we woke up all ready to go, had breakfast at Wavus, and then headed out to the Bigelow Mountains. After our fun car ride of music and singing, we arrived at Flagstaff Lake around 12:30. The first thing we did when we got there was set up our tents. Afterwards we ate a delicious lunch of ham and turkey sandwiches.

Next we learned how to tie bowline knots while setting up the rain tarp and then went for a walk. We explored the paths around Flagstaff Lake and found a nice cove to go swimming. We also enjoyed doing yoga and gymnastics on the beach. Afterwards the girls played a fun game of camouflage while the counselors prepared dinner. Our dinner was a filling meal of pesto pasta with chicken, tomatoes, peppers, with a side of green grapes.

After dinner the girls learned how to wash dishes in the woods and how to build a camp fire, so we all enjoyed some good s'mores. After cleaning up, the girls learned the proper Leave No Trace (LNT) way to brush their teeth in the woods. The girls found this to be a new technique and even a little bit funny. After brushing our teeth we all sat down together and had a rose-bud-thorn circle and shared our favorite parts of the day, what could have been better, and what we were looking forward to in the future. We went to bed early thinking about our exciting hike planned for tomorrow.

Day 2

On the second day of our trip we had a very early start, waking up at 5:30. We all enjoyed a nice warm breakfast of oatmeal with raisins, and bananas. After cleaning up, the girls learned the fascinating processes of how to filter their water from the lake before heading out on our hike. Although it was raining pretty hard, the girls still had great attitudes! While hiking, we played fun games of contact and the alphabet game. We ended our hike on Avery Peak Mt. at the Old Man's Lookout. Because of the rain and fog there was not much of a view, but we made it to about a half a mile from the summit. Before heading down the mountain we had a quick lunch so we could refuel our bodies and not get too cold while we were sitting still.

While hiking down the mountain the girls sang some Taylor Swift songs. Everyone was happy to get back to the campsite and change into warm clothes and get into their sleeping bags. After getting warm the rain stopped for the first time during the day and we were able to make and eat dinner without getting wet. We had a variety of burgers, either veggie, chicken or hamburger with lettuce, tomatoes and a side of carrots. After dinner the girls practiced their dance skit for the "air guitar" competition that was happening at camp the next night. After an exhausting day everyone was happy to just get in their sleeping bags and we all fell fast asleep.

Day 3

On the last day of our trip we got to sleep in! It rained again all night but stopped right when we woke up, giving us just enough time to clean up the campsite, (practicing LNT ethics by leaving the campsite better than we

found it), take down our tents and have breakfast. Right when we got in the van and started pulling away, it started raining again; we were so grateful that we didn't have to pack up everything in the rain! In the car we listened to some fun music and just had some free time to talk and sleep. When we got back to Wavus, we cleaned the van and the gear we used on our trip and then had a surprise visit to J-Scoop for some yummy ice-cream to celebrate the courage, strength, and perseverance the girls showed on trip.

July 5-10: St. Croix River

Day 1

The first morning we woke bright and early at 4:45 am to get on the road as soon as possible. We packed the trailer with all of our gear and 7 canoes. Before we left we had a yummy breakfast of oatmeal bars and oranges. The van ride was four hours so the girls had time to catch up on their sleep and sing to the music. When we got to the put-in spot, we ate an early lunch before setting out on our journey.

After paddling for only a short time, we made it to Birch Island and decided to keep going to the next campsite. It was the perfect day for a paddle; nice and sunny and not too windy. When we arrived at Cedar Point, we set up our campsite and went for a refreshing swim. After drying off we had a dinner of burgers, tomatoes and GORP and then started a campfire for s'mores to celebrate Amelia's birthday! Before going to bed, we filtered water so everyone would have two full bottles for the morning. The girls had a great first day and were all excited to continue paddling the next morning.

Day 2

On the second morning we woke up

at 5 am, nice and early, to a beautiful sunrise. The morning is usually the best time of day to canoe on a lake; the wind hasn't started up yet and it's not too hot or too cold. For breakfast we had bagels with sun butter, jelly, or cream cheese. After taking down our campsite and loading up our boats, we started out for the day. We followed the United States shoreline before canoeing past two peninsulas of land and then continued to follow the shoreline afterwards. The girls really showed their strength, never complaining and only stopping a couple of times. We completed the paddle in just three hours! The girls enjoyed singing Wavus camp songs, Disney songs, and just about anything else we could think of as we paddled.

When we arrived at the campsite, the wind had just started to pick up so we were happy we had made it just in time. When we got to the Narrows campsite, we had a yummy lunch of mac and cheese with a side of grapes. Everyone spent the rest of the afternoon playing in and out of the water, telling each other stories, listening to books read out loud, and making friendship bracelets. For dinner everyone loved the chicken stir-fry and a delicious scrambled brownie dessert before heading to bed after a long and tiring day.

Day 3

For our third day of trip we woke up around 4:20 am. Everyone gathered up their personal belongings, took down their tents, and loaded the boats. We munched on granola bars, and then we were out for the day! It only took the girls 50 minutes to get paddling and ready to go...record time! We paddled from the Narrows to the dam in St. Croix/Vanceboro. As we paddled, we passed many docks and cabins and

some people just enjoying the outdoors. We eddied out before the dam and brought our gear on land.

Sky and Peg started to portage a canoe while the girls carried the gear. We had made it to a gas station when a patrol officer offered to help us out. "Moody" transported all of the gear and the canoes to the put-in spot after the dam. Because the water level was so low we were going to have to portage all of our canoes and gear over a mile, which would have taken us hours, but with the help from Moody we were able to finish very quickly.

When we started our journey on the St. Croix, everyone loved the feeling of being in moving water. We had lunch at Wingdam Island after having already canoed through 3 rapids. On the second rapid a couple of the girls got a little stuck on some rocks but handled themselves very well, didn't panic, and promptly got themselves unstuck. For lunch we had bagels with either tuna/tomatoes or sun butter/jelly. After refilling our water bottles and reapplying sunscreen, we again set out on our way.

We made it down most of the river, only stopping a few times to jump in the water and just cool off. We eddied out just before Little Falls in order for the girls to portage the gear and the counselors to run the rapids. Afterwards, the girls enjoyed a nice and refreshing swim in the river. While the girls were swimming, the counselors talked to a local who said that the girls were the youngest he'd ever seen canoe down the river. Later, when the counselors were cooking quesadillas, the girls made up skits with their tent groups, and the winning group would get to have the first quesadillas that were finished. After eating a delicious

dinner, the girls cleaned up, filtered water, and had some candy for desert. The girls spent some time reading on the rocks along the river, and then they brushed their teeth and got into their tents. We all felt great about completing a long hard day of paddling and the third day of our trip!

Day 4

Day four we woke up to some light rain, so we packed up quickly and started on our way. We started at Little Falls and canoed to Loon Bay. It was a winding paddle with lots of fun rapids. As we paddled, the rain stopped and we saw three bald eagles. After we paddled a quarter of the way, we stopped at a Canadian campsite so the girls could stretch their legs and be able to say that they have stood on Canadian land. After paddling a little further we stopped for a great lunch of pepperoni, bread, hummus, carrots, snap peas, and some Nature Valley granola bars. When we finished lunch, we continued on the river and had a fun paddle around lots of little islands before making it to our campsite for the night. At the campsite we set up our tents, a tarp (just in case of rain), and filtered some more water. After everything was settled, the girls all sat in a circle on their crazy creeks to tell stories, read, and play a really fun game of psychiatrist! For dinner we had some yummy chili before heading to bed.

Day 5

On day five we woke up at Loon Bay around 7:30 am. We allowed the girls to sleep in a little longer than usual because all the girls had been very tired the night before. For breakfast we all enjoyed "Honey Bunches of Oats" with powdered milk. It was the girls' first experience with powdered milk, but they all were pleasantly

surprised and really were raving about the breakfast. The girls quickly packed up the campsite, filtered water, and we were off. Everyone was still a bit groggy, so the start of our paddle was a bit slow. We decided to have a relaxing day. We took many breaks to rehydrate, snack, and reapply sunscreen. This was also the day where we played many games as we paddled, such as 20 questions and contact.

As we were paddling along a Canadian National Nature Preserve, we were greeted with a sight of 7 buffalos including baby! Everyone was impressed by their size, agility, and their long hair that covered their bodies making it so you couldn't even see their eyes. After many pictures, turn arounds, and strained necks, we bid the majestic animals a farewell. The girls thought the buffalo looked like creatures straight out of the book *Where the Wild Things Are*.

By 2:00 pm, we reached the campsite and set up camp. For lunch we made individual pizzas. Each girl declared it was the best lunch yet on trip. After lunch the girls had fun floating down the river in their life jackets and just playing in the water and sun! The girls also enjoyed reading out loud, watching for the three huge turtles and just relaxing in each other's company. Because we had such a late and large lunch, we decide to just have s'mores before heading off to bed.

Day 6

On our last day of trip we slept in and had delicious S&M pancakes when we woke up. After breakfast we packed up camp and set out on our way. The first part of the paddle was finishing the river, and the second part was starting on our lake paddling again. When we made it to the lake, the wind had



started to pick up so everyone had to use all of their might to get from one peninsula to the other peninsulas until we made it to the artificial channel where we were getting picked up. As we paddled the girls sang, played 20 questions, and enjoyed some fun spirited paddling races.

At the take-out spot the girls quickly unloaded the canoes and carried the boats up the hill to the road. Waiting for the van to come pick us up, the girls played games of psychologist and ate the last bit of the GORP and candy that we brought on trip. Some girls also worked on their yoga moves. When the van arrived, we all helped to load it up and then piled into the van and headed back to Wavus. On the way home we stopped for lunch at Subway and everyone was so happy to have their subs and sodas (also to use a real bathroom)! After unpacking all of our gear at Wavus and washing the van, everyone enjoyed a trip to J-Scoop for the traditional end of trip ice cream cone! The Omaha girls did such a great job on this trip and everyone said that it was their favorite trip yet! I can't wait to see what the girls will be able to achieve next summer!



Ojibway

HBC: Franke Wurzelbacher

JC: Merritt Harlan

JC: Lia Keyser

June 30- July 2: Bigelow Mts.

Day 1:

The first day of our trip to the Bigelow Mountains, everybody got into the van for a three-hour drive to the Bigelow Preserve. At first everyone was nervous about the car ride because so many of us get carsick, but then we were all fine. When we got to the camp site, we sat down in our crazy creeks for a lunch of sandwiches and grapes. After that, most of us got into bathing suits and swam in the lake while others walked around to the beach. After some cooling off, and swimming to a little island, we set up our tents. Then we had a pasta bar dinner with pesto, peppers, and chicken.

- Brooke McLanahan

Day 2:

On the second day, we got up early and packed our day packs for our hike up Burnt Mt. For breakfast we had toasted bagels with cream cheese. We then got in the car and drove an hour to the mountain. When we started hiking, we realized that it was very muddy and that our hiking boots were going to get really muddy. We hiked up to the summit which was at 3600 ft.! It was a great hike!

When we reached the summit, it started to rain so we had to start to head back down! When we got to the bottom, we were all really tired. We went back to our camp site and went swimming in the lake next to our camp site. For dinner we had cheese burgers. For dessert we had brownies! They were delicious! We sat around our fire that night to get warm. After a while, it

started to rain so we had to get in our tents. It rained the whole night! But it was a great day! - Lizzie McVean

Day 3:

Today we got up early (about 6:15 or 6:30) and it was pouring! Nevertheless, we all powered through and got all packed up before our breakfast of chocolate chip pancakes. After many trips to and from the van, we finally finished packing and headed out! After leaving our site, we went on a 3.6 mile walk to the Flagstaff Lake Hut and back. Our way there was a steady pace. However, on our way back Lia and Ellie ran all the way. The rest of us mostly walked or speed-walked back. We are all super excited to go to J-scoop today! Overall, our trip was filled with lots of mosquitoes and memories!

- Margo Williams

July 10-15: St. Croix River

Day 1:

We woke up at 5:00 am and got out of our cabin quickly. We put our boundary packs under the canoes on the trailer and headed back up to Jewell for a breakfast of cereal with Logan. After breakfast, we all played with the puppies. They were super cute and waved us goodbye as we drove away from the beloved Wav. After a relatively quick 5-hour car ride, everyone unloaded the van and the trailer. We had a lunch of turkey sandwiches and said goodbye to Logan. Once we were told our canoe groups and sang happy birthday to Jessie, we were on our way.

Our first stop was at Birch Island on Spednic Lake. Birch Island had a somewhat small campsite and we had a little trouble finding good tent spots. Once we set up camp, everybody put their sleeping bags in their tents. For a

while it was mellow and then we had dinner. Dinner included hamburgers and a dessert of S'mores. The campers built the bigger part of the fire after the counselors got it started. After S'mores, we all went to bed early (8 pm early!) to get ready for an early start on our 2nd day.

- Margo

Day 2:

On day 2 we woke up very early. We were awake at 4:30 and had a quick and scenic breakfast of yogurt and granola. We were boating by 6 and the winds were relatively tame. We paddled very quickly and sang very loudly. We made it to our campsite, the Narrows, only to find it occupied by friendly fishermen. They let us eat an early lunch of sun butter and jam. We continued down the lakes until we came upon a dam where we did a quick portage.

We repacked the canoes waiting for Francke and Lia to return from border patrol. When they returned, they told us there was no way we could do the rapids immediately after the dam because the water was too high. We would have to portage a mile to get around the rapids. Luckily, however, a kind border patrol officer called his nephew who came and carried us and our canoes around the rapids and let us stay in a campsite behind his house. It started to rain, so we quickly set camp and had a dinner of fajitas. After a long day, the girls of Ojibway were glad to go to sleep.

-Maeve

Day 3:

On day three, all of the girls in Ojibway were so excited to finally get onto the rapids. We woke up at 6:00 and got on the river by 7:00. Our paddle was about 10 miles but it went quickly since we were on flowing water. We got to our next portage spot around lunch. Since we were portaging around class



3 rapids (Little Falls), the counselors decided to run the rapids wet (with gear) while we brought our boundary bags down to the campsite and set up our tents. Finally, we had lunch which consisted of grilled cheese, grapes and gorp. After lunch, we all went swimming and hung out on the beach until dinner time. Dinner was pita pizzas and cinnamon rolls for dessert. Then we had some tea with brown sugar and lemon just before bed. It was really good and hit the spot for us! We all went to sleep at 9:00 after our first long day on rapids! -Elaina

Day 4:

Today was our second day on the rapids, and, we got to wake up at 7:00 (that's good for a trip!). We packed up our tents and then had breakfast. Our breakfast for today was egg sandwiches and cheese that were REALLY good! After breakfast we collected our boundary packs and were off! Today our paddle was about 12 miles and we arrived at our campsite on Loon Bay at 12:30. We then had lunch (bagels with turkey and cheese) and set up our tents. After that we went swimming and rested until dinner. Dinner was stir-fry which had chicken, vegetables, and beans and rice. It was really good! Then for dessert we had hot chocolate and talked around the fire. Finally, we went to bed around 9.

-Elaina

Day 5:

Day 5 was a much slower day because it mostly consisted of dead water paddling. There were really only 2 sets of rapids and Canoose Ledges which we portaged gear around. Merritt and Francke ran 5 of the 7 canoes down the ledges dry (no gear) while Lia soloed the other 2 canoes on the portage trail. After the portage, were the 2 sets of

rapids in close succession, which meant the rest of the morning was a couple miles of dead water paddling.

While paddling we saw a highland cow chilling in the water 20 feet from our canoes. We got to Egg Point (our campsite for the night) around 12, and had sun butter and jelly sandwiches for lunch. After lunch, we walked up a trail along the river in life-jacket diapers and then floated back to the campsite. At the campsite we came across 3 snapping turtles that we named Cornelia, Toby, and Big Mama. They stayed in the water but would often suddenly pop their heads up while we were trying to pump water. Dinner was Dank (which was really just pasta with their choice of toppings) and S'mores for dessert.

Day 6:

We had S&M pancakes for our last trip meal and got on the river by 8. It was a short paddle to our take-out at Grand Falls Dam, and we got there by 9:30. While waiting for Logan, we had different competitions: who could hold the candlestick position longest, who could do the best round-off, who could do the best cartwheel, etc... Logan picked us up an hour later, and we stopped at Subway for lunch in Bangor. Just before getting back to Wavus, we took the girls to J-scoop for ice-cream. It was a wonderful trip, and everyone was so happy it went so well.



Osage

HBC: Christine Roback

JC: Zoe Atchinson

JC: Daniella Johnson

July 4-6: Bigelow Mts.

Day 1: 7/4/13

We left camp after a delicious Wavus breakfast, with the whole camp cheering as Osage announced their departure. Although the drive was eventful, with a few wrong turns and a moose sighting, we made it to the campsite with plenty of time to relax. We stayed at the Round Barn Campground in the Bigelow Mountain Preserve. It was a beautiful area and we were lucky enough to find a spot on the water! After the long car ride and time spent setting up camp, it was great to go for a swim as a group. Once everyone had cooled off, we made some dinner, sat around the campfire and played contact. The final event for the night was rose, bud, thorn, after which we turned in early to get ready for a long day hiking.

Day 2: 7/5/13

Today was the big hiking day for the trip and the group woke up early to prepare for our climb up Burnt Mountain, near the Sugarloaf ski area. We began the hike at a stream, which we continued to follow up for a while, with some exciting rock jumping to keep on the trail. About an hour later we left the side of the stream to continue on a steep ascent to the summit. Although this section was challenging for some group members, the whole cabin was supportive and helped each other push past their limits. After this steep section, the terrain opened up and we found a great spot on the rocks to eat lunch.

At this point it was about one in the afternoon so the group decided to

forgo the summit and start the hike back down. Once down the mountain, the van was a welcome break from the sun and bugs. When we returned to the campsite, everyone immediately jumped in the lake. After a swim we had a delicious dinner of pesto pasta and enjoyed playing fantasy around the fire as we made s'mores. Everyone then got into their tents, tired but giggling and feeling accomplished from the day.

Day 3: 7/6/13

After a long day hiking yesterday the group slept in a bit, until eight at least, and then we immediately began breaking down camp. After an interesting attempt to make scrambled Oreo pancakes, we packed up the van, ready to start the drive back to Wavus. The girls had a great time singing along to the CDs in the van. Once back in Jefferson we made the requisite post trip stop to J-Scoop, feeling great after our time in the woods. At camp we cleaned all of our gear with plenty of time to spare before G-swim, as a dip in the lake was necessary for the smelly group of Osage. The cabin then got right back in the swing of camp and joined the evening activity, escape to freedom.

July 12-17: St. Croix River

Day 1

After a relaxing four-hour drive to Northern Maine, we arrived to our put-in at Castle Rock on Spednic Lake. We unloaded, then packed the boats for our four-mile paddle to Cedar Point. The weather was absolutely beautiful and we were able to paddle at a relaxed pace thanks to a light tailwind. The group paddled up to the campsite around 3:30 in the afternoon. After setting up camp, the cabin played some

sleeping queens, had dinner and then enjoyed some chill time near the fire. Rose, bud, thorn around the fire was our final activity for the night, after which we all settled into our tents to prepare for our paddle to the Narrows campsite the next day.

Day 2

It was a bit of a slow start getting out of camp, probably because of the delicious breakfast of eggs and sausage. We were on the water around 10 am to begin our trip to the Narrows and the lake was calm which was great for paddling. As we paddled, the group made up games, sang songs, and jumped out of the boats to cool off. After a hard three and a half hours we arrived at the campsite. Camp was then set up, and the whole group had lunch followed by a long “rest hour” during which everyone played cards and relaxed in their tents. Dinner was served, a meal of fajitas and green apples. Zoe then whipped up some scrambled brownies which we put candles on and sang to Devon to celebrate her 12th birthday! We then went to bed with the sun, satisfied to have accomplished our first full day of trip.

Day 3

Today was the longest day of the trip so far. After four miles of lake paddling we reached the Vanceboro Dam around 11:30 am. Luckily someone offered to carry our gear on the portage to the put-in below the dam. The group had a quick lunch at the put-in and discussed the differences between lake and river paddling. We then got back in the water and were thrown right into a short set of rips below the dam. Everyone paddled extremely well and showed great communication skills with their paddling partner. We

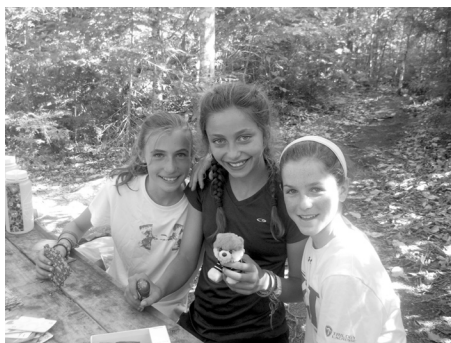
continued on the river for another five miles, and paddled a few calm sections along with some more rips. Spirits were high as everyone was excited to be on the river finally. We were rewarded after eight long hours of travel by a beautiful campsite at Porters Meadow. Dinner was delicious pizza that each person made for herself. As the sun set over the marshland, we snuggled in our sleeping bags to prepare for another long day on the river, including our first set of larger rapids.

Day 4

We set out from Porters Meadow around 8 am for our paddle to Loon Bay. There were a few exciting points in the rips where some boats got caught up on the rocks. In between these sections we enjoyed some calm river paddling. Unfortunately, because of the hang ups on the rocks, we did not make it to our Loon Bay destination that evening. Instead we camped above the Split Rock rips, which put us a fair bit behind schedule. Once in camp we made pesto pasta and had Milky Way bars for dessert. After cleanup the group discussed possible route changes. Although we wanted to finish the trip at the Grand Falls take-out as planned, we decided that a better option may be to change our pick-up to Loon Bay. This change would allow for a more relaxed end of the trip.

Day 5

Today was by far the most relaxing day of trip. We had an early wake up to be on the water by 7 am to paddle to Loon Bay where we would try to contact Tripping at Wavus. Once at Loon Bay we were able to confirm a route change and then paddled to the campsite on the point at Loon Bay. We had a great lunch of broccoli and cheddar soup with cinnamon rolls.



Everyone then had a long “rest hour.” Since the group was so well rested, we then decided to have a race to Canada, which the counselors won. Some general camp shenanigans followed: GORP poker, sleeping queens, and pranks on the counselors. At one point the campers collapsed the tent on some sleeping counselors. Dinner was then served and after a good meal we circled up for the last rose, bud, thorn of the trip. Although there was some disappointment in not paddling to Grand Falls, the group still felt accomplished for spending six days in the wilderness.

Day 6

Pick-up day. Because of the changed schedule we were able to sleep in a bit. We were also able to make a delicious breakfast of S&M pancakes. A few more pranks occurred, including a water fight with the pancake-filled dishwasher. Next, we had a short paddle back to the take-out on Loon Bay where we met Kate Adair for our pick up. The girls loaded the trailer and we took one final trip group picture before our long, five-hour drive back to camp. We got back in time for a great Wavus dinner, finished cleaning and headed to J-Scoop feeling great from the trip. Overall it was an awesome time on the St. Croix!



Shawnee

HBC: Katie Paige

JC: Lauren Geddes

JC: Sam Hall

June 30- July 1: Damariscotta Lake

Day 1

After a delicious breakfast of wild donuts, we headed down to the Red Fox to pack up our canoes. We set off around 10 am for “Cool Island,” off the coast of Kieve. The rain clouds cleared up, and we were finally able to enjoy some sunshine! We made great time, and got to the island in less than two hours! We set up our camp, and enjoyed some lunch. After our sandwiches, some of us read, some rested, and some played camouflage. At 3, we paddled over to the Kieve climbing wall for some rock climbing. Then, we headed back to Cool Island and made some pita pizzas. They were delicious! After dinner, we hung out and watched the sun set.

Day 2

We woke up to a nice surprise- it wasn't raining! We got up, and packed up our tents and gear. Then, we gathered around the picnic table and had yummy breakfast sandwiches. After this, we piled everything into the canoes and headed north to Echo Island. There, we rafted up and had gorp and sun butter, jelly and honey pitas. Once everyone was finished, we went swimming and diaper diving! We headed back to Wavus to practice some t-rescues. We had a blast capsizing the canoes and rescuing one another. As soon as we were done, it started to rain, so we cleaned up all our gear and went back to the cabin to unpack. After dinner, we went on an adventure to J-Scoop and enjoyed some delicious ice cream!!

July 5-10: Baxter State Park

Day 1: July 5, 2013

We pulled into our Foster Field campsite ready to go. We unloaded the trailer, set up our tents, and made a delicious dinner of burgers. After a couple of rounds of cards and thinking about how Katie Paige hit a deer on the way to our campsite, it was time to build a nice fire and enjoy some s'mores. We finally settled down in our tents for a good night's sleep

Day 2: July 6, 2013

Our breakfast was granola with yogurt or soy milk, and we got situated for our fruitful journey to Doubletop Mountain. We started our expedition with everyone excited for our first mountain of the session. During the hike, some campers had injuries and had to head back, but others kept climbing. This was an interesting start to our trip because it was a bigger mountain. We decided to hike until a certain time, have lunch, and head back down to meet the others and Lauren. We ate our sun butter and jelly sandwiches along the trail, then turned around, excited to see our friends. We climbed into the van and drove to a place to cool off, the natural water slides at Ledge Falls. It was a very relaxing end to our first big day. We got home and prepared a dinner of pesto pasta. Sara Taylor and Logan came by and visited! Then, we went to bed.

Day 3: July 7, 2013

We started the day off with some oatmeal and dried apple. We said goodbye to our fellow campers and packed our bags for the Celia Pond Trail. This trail was a short, quick hike to help us prepare for hikes to come. The view from the pond was a magnificent scene. After our hike, a couple campers made hummus and

pita for an end-of-hike lunch. We then took another trip to the water slides. After that, we had a very yummy dinner and a comfy sleep.

Day 4: July 8, 2013

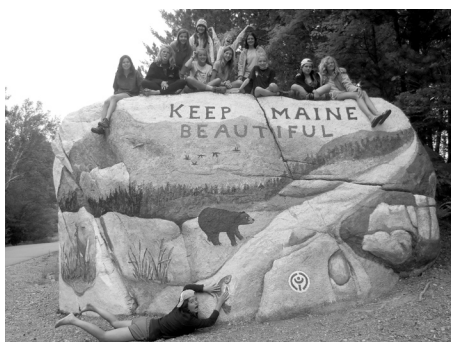
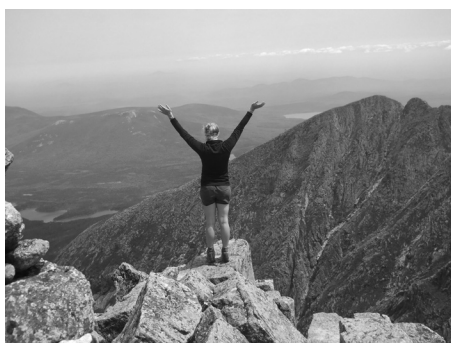
Our hopes of doing a sunrise hike were shattered after a lousy night's sleep due to noisy neighbors, pouring rain, and cloud cover all morning. However, we decided to make the best of things, and piled into the van for a quick ride to the trail head of Sentinel Mountain. We climbed to the top of the mountain to the rocky summit with an amazing view of Baxter State Park. We climbed down and were surprised with S&M, chocolate chip and blueberry pancakes back at our campsite. It was a warm and sunny afternoon, so we returned to Ledge Falls to cool off and wash up. For dinner, we enjoyed some delicious chicken quesadillas, with guacamole and salsa!

Day 5: July 9, 2013

All of us woke up at 4:30 for our biggest hike yet. Today we would climb Katahdin, the tallest mountain in Maine. After an early breakfast of bagels, we drove our van to the beginning of the trail, applied bug spray, and set off on our journey at 5:28 am. We hiked, taking breaks often to rest, drink water, and snack. We reached the top around 11:15 and ate lunch. We took pictures with our inflatable seal, Snuffy, and talked to a Kieve cabin at the top about summiting. After we got back to the base of the mountain, we went back to our campsite, got all the dinner making supplies, and went to Ledge Falls, to rinse off and cook dinner on the rocks! We were surprised by scrambled brownies for a dessert!

Day 6: July 10, 2013

After a good night's sleep, we packed up our campsite and headed



to Daicey Pond to check out Little and Big Niagara Falls, about 1.2 miles down off the Appalachian Trail. They were spectacular. Then, we loaded back into the van for our ride south. We stopped in Millinocket for some Subway sandwiches, and then again at J-Scoop for some ice cream!! We were very happy to be back at Wavus once again!

Abenaki

HBC: Krista Cote

JC: Madeline Polese

JC: Julia Malloy

July 4-5: Damariscotta Lake

Day 1

Today was the first day of our primer! We paddled in canoes down Damariscotta Lake to Cool Island. We arrived quite early, as it only took us an hour and a half to canoe. When our canoes were all racked up on the island, we set up camp and made turkey sandwiches for lunch. The weather was beautiful, so we all jumped into the water to cool off. After swimming, we learned how to set up a tarp shelter in case it rained, good thing we did because shortly after it started to thunder and lightning! We learned lightning protocol, and sang songs to keep us entertained. After the storm stopped, we ate bacon burgers for supper, made a small fire, and then roasted marshmallows for s'mores! Everyone grew tired from the long day and we called it a night! –Symmi

Day 2

We woke up around 8 am, packed up all of our belongings and left our tents out to dry. Breakfast was amazing, pancakes with chocolate chips! After breakfast we practiced capsizing the canoes and returning them upright

with T-rescues. We got to cool off with another swim before lunch, which was sun-butter and honey sandwiches. We packed up our tents, loaded everything in the canoe and headed back to Wavus! It was a quick trip back, unpacking was a breeze, and we all got to go to J-Scoop after! – Moe

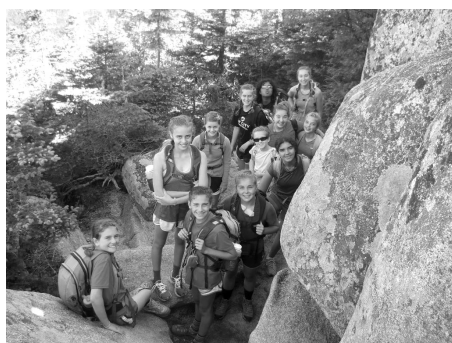
July 11-16: Baxter State Park

Day 1

We ate breakfast at Wavus and left around ten for Baxter! After some hours of playing music and sleeping, we stopped to eat a lunch of turkey and cheese sandwiches. We had a smooth ride through Baxter, and reached the campground around 2:30 pm. After setting up tents and a couple of games, we ate pita pizzas for dinner. We played Frisbee, packed our bags for Katahdin, and went to bed early to wake up for a long day on Katahdin in the morning. – Anoushka

Day 2

We awoke this morning at 5 am to a bitter cold and sweet anticipation. We had sun butter, honey and jam on bagels for breakfast. By six we had piled into the van and were on our way. We arrived at the base of Mt. Katahdin at 6:45, all smiles and excited. After a few hours of hiking, we broke tree line. We were then greeted by what seemed like an endless amount of boulders; this, though, was one of the best parts. Boulderling was fun, yet challenging. We hit the table top, hiked that for a mile, and in about an hour, we reached the summit! We got to the summit with smiles on our faces, yelling and screaming. At the summit we ate sun butter and honey and gorp, and took pictures of the sign. After an hour, we turned around and started the descent down the mountain. Overall it was



an 11.4 mile hike! We got back at the campsite about 9, and made a dinner of spaghetti. We went to bed with our stomachs full and our minds full of pride.

- Caroline O.

Day 3

Today we took the opportunity to sleep in after a long trip the day before. We were treated to French toast for breakfast before a long car ride to Daisy Pond. We then hiked 2.6 miles round trip to Big Niagara, and spent the morning playing in the sun and in the water, along a huge waterfall. We hiked back to the van and made our way to Ledge Falls where we finished our day with sliding and swimming down the natural water slides. We left at about 6 and headed back for a delicious dinner.

- Buckley

Day 4

On another beautiful day, everyone woke up at 8, and we had breakfast sandwiches. We left for a short two mile hike around 11 around Elbow Pond, and came back to camp around lunch time. We had turkey sandwiches! Then we hung around the campsite for a bit playing Frisbee, playing board games, and talking. After that, we loaded up the van and went for another one mile hike. We came back for supper which was the best supper ever! Quesadillas!

- Margaux

Day 5

We woke up at 1:15 am in the morning because we wanted to do a sunrise hike. We got ready the night before so all we had to do was get in the van. We put on our headlamps and hopped into the van. We got on the trail at 2 am. We were hiking in the pitch black for two hours! We reached the top of the mountain just in time; the sun began to rise about ten minutes into us eating our bagels. We took loads of pictures,

and then we started heading down the mountain. We were all so excited for what we just accomplished, and were even happier that we could see the trail! We got to the campsite and slept for three hours and then had a lunch of sun butter and honey. After lunch we got back into the van for another hike, about 3 miles total, of Russell Pond Trail. We got back to the campsite, played games and ate hamburgers and s'mores!

-Moe

Day 6

We woke up around 7:30 am and had S&M pancakes for breakfast! We packed up our tents, loaded the trailer and hit the road at 10 am. We stopped at Uno at 12:30 and ordered 6 pizzas! We ate them all and headed back into the van for the long ride home. We stopped at J-Scoop and had some ice cream, and then arrived at Wavus to the song 'Started from the Bottom'! We had a great trip!

- Lulu



Penobscot I

HBC: Carly Shea

JC: Alina Drufovka

June 29- 30: Camden Hills

Day 1 June 29th

This morning we woke up to the sounds of the rain falling and the cool breeze blowing through the window. The girls packed up the rest of their things and headed to the Jewell for a yummy Wav breakfast. Once breakfast was finished, we loaded all our gear into the box trailer and hit the road. We rolled into our campsite at Camden Hill State Park at 10:30 am. It took about an hour to set up camp and eat lunch. Since the rain had stopped, we got back into the van and set out on our first hike of our primer. The kids did an amazing job hiking Mount Battie. The top was a bit foggy, but the girls still felt accomplished. Once back from our hike, we took the 15-minute trip down the road to the Rockland Breakwater, where we walked out to the lighthouse for some sightseeing. At this point the girls were getting a little hungry so we headed back for some delicious pita pizzas. A nice way we end the day is circle time, where we do Rose, Bud, and Thorn. All and all, an amazing day!

Day 2: July 30th

We woke up around 7:30 am, packed up camp, and had bacon breakfast sandwiches and fruit. Once we made our sandwiches for our hike, we loaded into the van and headed to the spot where we were going to hike for the day. We really lucked out with our hike, because the weather was amazing! It took us an hour and a half to make it to the top of Ragged Mountain. The view was beautiful. To the left we could see the ocean and to the right we could see the beautiful mountain

range. We enjoyed our lunch from the top. Then, we headed back down and started the drive back to Wavus. Of course, we stopped at J Scoop for some ice cream and the Jefferson bridge for some bridge jumping. Over all I think it's safe to say we had an amazing primer trip!

July 4-8: Baxter State Park

July 8-13: Penobscot River

Day 1

Today we woke up, ate breakfast, and left for our exciting trip. We took the five-hour drive to Baxter State Park. Half way through our drive we stopped for lunch in a small Amish town. After lunch was finished, we continued on our journey. Once arrived we set up camp, went for a little dip to cool off and ate some yummy dinner!

Day 2

Today we woke up and ate bagels with cream cheese for breakfast. For our hike that day we went up Trout Brook Mountain. Round trip it took us about four hours to complete. For lunch we had turkey and cheese sandwiches with GORP and apples. Once we got down from our hike, we went down the road and hit our swimming hole for the day. We topped off our night with Mexican Fiesta for dinner.

Day 3

Today was our break day. We woke up and devoured some yummy oatmeal. After that we hopped in the van and headed to our favorite water hole. We had so much fun swimming and catching tadpoles! We even got to swim with a turtle. For dinner we had Asian Fusion, which consisted of Quinoa and other yummy vegetables.

Day 4

Today we got up and went on a great hike that took us around five



hours round trip to finish. The view from the top was amazing. Once we reached the bottom, we changed into our bathing suits and spent the whole rest of the day swimming and eating S&M pancakes. Later on, once we got back to camp, we had dinner and made delicious s'mores.

Day 5

Today we woke up, packed up, and headed out of the park to meet Kate and Penobscot 2 for resupply and our canoes. After lunch and other goodies we loaded up our gear into the canoes and started our journey down the Penobscot River. We did a little paddling, made it past Stair Falls, then made it to our campsite where we set up camp and made dinner.

Day 6

Today was the day we had all been waiting for, yet dreading at the same time. Today was the day that we would have to do two and a half portages. Though it was a challenging day, both physically and mentally; it was the most rewarding knowing we had done such a great job. We finished the day with Milky Ways and Mexican Fiesta!

Day 7

This morning we had a quick breakfast and got right to work. We finished portaging the rest of our gear and got back on the water and paddled to the last portage set. Though this portage was only one, it was the most challenging with the terrain. As always the girls did a great job and finished it like all stars. We made it to our campsite a little after 1:30. We had a little nap time, swam before dinner and finished a perfect day with some circle time where the girls really talked to us about how much they have learned about themselves since their time here at Wavus this summer.

Day 8

This morning we woke up a little early but we had paddled ahead the day before so that we wouldn't have to paddle as much today. It was nice to be done with portaging and being able to just breeze down the river. The girls had so much fun going down the rapids along the way and singing songs like "Price Tag" from Pitch Perfect. All and all it was a relaxing down on the Penobscot River.

Day 9

This morning the girls were ready yet nervous for the rapids that lay ahead of them. We made our way down the river until we got to the Grindstone Rapids. We got out of the boats and scouted out the rapids before going down them. It helped calm their nerves actually being able to see what they were about to go down. The girls did an amazing job reading the river and waiting for their time to go. Once we made it past the Grindstone Rapids, we made the short paddle to the final campsite of our trip. Once we arrived we set up camp, enjoyed the sun, the bathrooms at the campsite, and a nice dinner on the riverside. It was a perfect end our last night on trip.

Day 10

This was our last day of trip so we packed up camp, loaded the canoes and made the hour-long paddle to our pick-up site. The sun was shining, the girls were smiling, and not a worry in the world was going through our minds. We got there before we were planned to be picked up so we aired out our tents and got our gear ready for the pickup. Once Kate arrived, we loaded everything into the van and trailer and made the five-hour trip back to camp. Along the way we stopped for Panera Bread and J-scoop.

Penobscot II

HBC: Hannah Flagg

JC: Adelaide Morgan

June 27-28: Camden Hills

Day 1:

After packing the vans up, Penobscot 2 headed to Camden Hills around 9:30 am. When we got to Camden we unloaded the trailers, got into our tent groups, and set up camp. We then had a delicious lunch of turkey and cheese wraps with hummus and a handful of pretzels. It was then time for us to go for a hike, so we headed across the road from our campsite. We started from the hiker's parking lot and hiked to the Ocean Lookover at 1300'. After taking some awesome pictures and relaxing for a little bit, we decided to finish our hike by continuing to Mount Megunticook. When we got to the top, we ate some GORP and talked about the hike. Even though it was really foggy and there was no clear view, we enjoyed the trail. Back at the campsite, we ate pita pizza and played cards. Before we knew it, it was dark and time for bed. After eating a few marshmallows, we headed to bed excited for the next day.

Day 2:

We woke up to rain, so we decided to eat our bagels, grapes, and berries at the covered picnic tables. The rain sprinkled a few times and other times it was pouring. Even though it was raining after we took down our tents, we went to Mount Battie and explored the tower and rocks. We then headed to Megunticook Lake where we ate pepperoni and cheese wraps and some goldfish. We were lucky enough to eat when the rain stopped, but as soon as we headed to camp it started to rain again. To end our trip, we stopped for

ice-cream at J-Scoop before we were back at Wavus and had to unload our gear from trip.

July 2-8: Penobscot River

July 8-12: Baxter State Park

Day 1:

After learning that Penobscot 2 could not paddle the first day due to high water levels, we left camp around 9:00 am. We traveled to Matagammon Wilderness Campground, where we would be staying that night along the river. All the girls plus six canoes with the help of GI Joe safely made it to the campground, unloaded the trailer, and set up camp. When all the tents were up, the girls learned how to use a water filter and gravity pump. Everyone eagerly ate their GORP, played cards, and enjoyed their afternoon. When dinner rolled around, we had stir fry with vegetables, chicken, and rice. It was a delicious meal as we watched the river roll by. It was early to bed as we hoped and dreamed the water level would go down.

Day 2:

We woke up to the river still being high, even though it was about 1000 CFS lower. We had a delicious breakfast of hash browns, eggs, and cheese as we decided what the plan of action would be for the day. We decided to portage up the road, paddle around for a bit and get wet.

With teamwork and hard work, we all made it to above the dam where we learned how to use a throw rope and paddled to an island. While at the island we went swimming and had a snack. Before we knew it, it was mid-afternoon so we paddled and portaged back to our campsite. This is when we learned that we would be picked up and brought down river to Bowlin

Camps due to the high water. ST picked us up and we loaded up the trailer and headed to the camps. We were able to eat fresh fruit courtesy of ST which was super delicious and started dinner which consisted of Mexican. To celebrate 4th of July we had a campfire with scrambled brownies. It was a great night to end our day as we quickly fell asleep.

Day 3:

We woke up at Bowlin Camps and had bagels and berries for breakfast. We were eager to get paddling, so we loaded up our canoes and headed down the river. All the girls were excited to be paddling as we went through some rips and soaked in the sun. During lunch we tried to pull alongside Hathorn Landing Campsite, but because the mosquitoes were so bad, we rafted up our canoes and floated down the river as we ate turkey and cheese sandwiches. Before we knew it we were at Whetstone Falls, below Big Sebeosis campsite, where we initially wanted to camp.

Knowing there was a campsite below Whetstone Falls we decided to camp there as we paddled down the rapids. This is when we had a canoe capsized, so we got the two girls into a canoe, removed the gear from the boat, and performed a T-Rescue to get the canoe out of the river. After everyone was safe on a gravel bar and we debriefed about what just happened, the counselors decided that the safest thing for the group to do was to stay on the island which had tent spaces, a proper kitchen area, and few bugs. It would have been too difficult to bring all the gear and girls upstream after padding all day with the high water. There were no campsites between that island and where we had to be in two nights. For dinner the girls ate delicious mac and

cheese and laughed as the sun went down. Before we knew it, we were sound asleep eager to see what would happen the next day.

Day 4:

The girls woke up to swimming and floating down the river over and over again. A counselor and two girls walked up stream to see if it was possible, after a good night sleep, to bring the gear to the campsite at Whetstone Falls. After about 150 yds. they decided the current was too strong for all the girls to travel upstream, so the counselors made a decision to stay at the island. The girls made the most out of the day by reading, swimming, and making friendship bracelets. For lunch we had pep and cheese tortillas, goldfish, and a treat of Gatorade. Before we knew it, it was night time and we had a wilderness Wav style talent show/charades game. We then had dinner followed by hot chocolate and then hit the tents to escape the bugs.

Day 5:

We woke up at 7:00 am in order to paddle to Pine Grove Campsite for the night. We enjoyed our paddle early in the morning and then around noon we were at Grindstone Rapids. The girls were excited and nervous to paddle the falls, so we got out of our boats and ate sunbutter and jelly bagels. While eating we went over the paddle, which line to take, and where the counselors would be standing with the throw ropes. After questions were asked and everyone got ready. Each group went down Grindstone with no capsizes. Penobscot 2 continued down the river going through the high rapids and enjoying the thrill. When we arrived at Pine Grove Campground everyone excitedly got onshore, set up tents, and ate delicious S&M pancakes. We then



saw some fireworks and headed to bed excited for resupply tomorrow.

Day 6:

After eating some bars and loading up the canoes, we finished up our canoeing trip by paddling to Medway's public beach. We met Kadair around 9:00 am, where we drank Gatorade and switched gear, with Penobscot 1 at Lake Matagammon. After we got out new fresh food and van, we went into Baxter State Park. We ate turkey and cheese sandwiches, set up camp, and got gas in the van. We then relaxed and got excited for our hike tomorrow. For dinner we had burgers, followed by s'mores around the campfire. It was then quick to bed as the bugs came out.

Day 7:

We woke up to egg and cheese sandwiches made by the counselors around 7:00 am. We ate quickly and packed our day packs in order to hike to Grand Pitch Falls on the Freezeout Trail. About 1.5 miles out on the trail, we decided to turn around due to the bugs and the trail being poorly maintained. Instead of hiking this trail we gathered in the van and went to Big Niagara Falls off the Appalachian Trail for lunch and relaxing. Today was sunbutter and jelly with an orange and GORP.

Due to not finding a great place to swim, we hiked back to the van and went to the natural water slides at Ledge Falls. Every girl enjoyed the afternoon sliding and swimming. We made our way back to the campsite around 5 in order to eat a delicious meal of garlic bread and garlic chicken pasta. It was then early to bed as we got ready for tomorrow.

Day 8:

After eating bagels and stopping at a stream to purify water, we headed to South Branch Pond Campground where we would be hiking a loop. The loop consisted of hiking the South Branch Mtn trail to Black Cat Mtn, then head down to Pogy Notch trail with goes around Upper South Branch Pond and Lower South Branch Pond. It would be around seven miles. After reaching the North Peak, we ate lunch of pep and cheese before we headed down. The hike down was very peaceful and nice, a good challenge of the girls. Back at the campsite we ate dinner and quickly waited to see what would happen that night.

Day 9:

The girls were able to relax and sleep in this morning, due to being up late the night before. After eating some cheesy pitas and tomato soup, we headed back to the natural water slides where we filled the afternoon with swimming and sunshine. Every girl enjoyed her time there and they spent their last full day in Baxter enjoying every minute. When all the swimming was done, we went back to the campsite and had dinner where we talked about the trip. Each girl was able to talk about her favorite part of trip and what she disliked. We ended our night, by reading the trip notes from the previous days to reflect on what had happened.

Day 10:

After taking down the tents, loading up the trailer, and cleaning the campsite, Penobscot 2 drove out of Baxter, proud of what they had done the past ten days. They stopped for lunch and J-Scoop, before they rolled into Wav.

Allagash I

HBC: Julia Welter

JC: Taylor Keefe

July 3-15: Allagash River

Day 1

The Allagash girls woke up at five am to start their journey today! After a quick breakfast of cereal, we loaded the gear and canoes and hit the road. The girls slept most of the six-hour drive to the put-in at Hannibal's Crossing. For lunch we made cold cut sandwiches before we loaded canoes and hit the Penobscot River. The girls sang songs from every musical they could think of. It was a two-hour paddle to our campsite at Big Island North. The campsite was a little buggy but the girls were so excited to be on the trip that nothing could dampen their spirits. We set up camp, and cooked dinner over the fire. For dinner we had bacon, egg and cheese sandwiches and Oreos for dessert. After a long first day the girls were happy to tuck into their tents and go to bed.

Day 2

Today was the 4th of July! We woke up and made "Patriotic Bagels" with cream cheese, blueberries and raspberries. After packing up our gear, we started paddling from the Penobscot River to Chesuncook Lake. The girls sang "The Star Spangled Banner" and recited the Preamble to the Constitution. With the spirit of America on our side we cruised through to find "The Store". A bald eagle flew overhead right as we found "The Store". The girls were happy to have homemade root beer and fudge as a mid-morning snack! The girls also found wild strawberries in the field in the village. We hopped back in our canoes and set out to find Mud Pond.

We portaged over Umbazookus bridge into Umbazookus stream. At the end of the stream we found a large red gate that we portaged around, thanks to the advice of counselor Katrina Paige!

We paddled around Umbazookus to find the cairn that marked the beginning of the Mud Pond Portage trail. The trail was up a small stream that led to the campsite. Once at the campsite we made cold cut sandwiches for lunch and got ready to start portaging! We started off with the canoes and worked together to get them as far through Mud Pond as we could. The girls worked in groups of three to power through the mud that went from ankle deep, to thigh deep. We were able to get the canoes about two thirds of the way through before we decided call it a night. The girls were happy to change into some different clothes and relax after a long day! We cooked hamburgers over an open fire to get some energy for the portage the next day. We sat around the campfire after dinner and roasted s'mores and went through our "Rose, bud and thorns" of the day. We went to bed early and dreamed of the next day's portage.

Day 3

This was the day we had been talking about since the first day of camp, Mud Pond Portage. We had to finish the canoes and portage the group gear through the two miles of mud. The girls did a pump up circle chanting, "Gash one! Gash one! GASH ONE!". Each girl grabbed a boundary bag, wannagan or cooler and started through the mud. The portage took us roughly four hours full of highs, lows, tears and even some laughter as well. The girls got through it together by singing, encouraging each other and working together. When we finished the portage, the girls had

tears in their eyes as they hugged and congratulated their cabin mates on what we had just accomplished. This was one of the proudest moments for the cabin. We were covered in mud and bug bites but couldn't happier!

After putting our boats back in water, we loaded up and paddled through Mud Pond. There were some head winds on the lake but we plowed through it into the outlet. Leading up to our trip it was extremely rainy thus creating high water levels on the Allagash. The stream we thought would be quiet and calm had some surprising rapids that the girls loved! With the fallen trees in the river, the girls said it felt like they were on "Temple Run" ducking under branches and swerving around rocks. It was about a two-hour paddle to our campsite at Ledge Rock. There we had burritos with rice, cheese, avocado and salsa. The girls had their first chance to clean up after Mud Pond and braided each other's hair before bed.

Day 4

Today was our resupply!! We woke up early again to pack up camp and get ready to see Sara Taylor and Logan! It was a short paddle to Chamberlain Bridge where we sorted our gear and wrote last minute letters to parents and friends. The girls were so excited to see the red truck pull into the ranger station full of surprises! The cabin had been anxiously awaiting the return of Emily to our trip! It was like Christmas morning as the girls opened letters and packages to find news from home and treats. We celebrated finishing Mud Pond with cookies, fudge, Rice Crispy treats and candy. Sarah Taylor and Logan also surprised the girls with munchkins and Gatorade. With a replenished cooler, wannagan and bread barrel we headed back on the

water to enjoy our next nine days of trip!

We back treaded a bit past Rock Ledge to our campsite at Mud Brook. We had Sun butter and jelly sandwiches for lunch and got to relax at our campsite for the afternoon. The girls loved being able to read and make friendship bracelets and relax. We saw Allagash Two after their Mud Pond portage and exchanged stories of our adventures! For dinner we made home fries and bacon. We had quite the array of desserts to enjoy from resupply as we sat around the fire together talking about our favorite parts of the day.

Day 5

Today we woke up bright and early at five am. We wanted to beat the winds on Chamberlain Lake, which can be quite brutal. The girls of Allagash One plowed through Chamberlain Lake and we arrived at the Lock Dam in less than two hours! We portaged around the dam and put-in to the stream to take us to Eagle Lake. The girls continued to entertain us with remixes to every top 40 song "Allagash style". We switched up paddling every day and the girls were able to paddle with different friends. We stopped for lunch at Thoreau and took a nap after our early wake-up. For lunch we had cold cut sandwiches and finished all of the chocolate and peanut butter fudge.

For the afternoon, we let the girls decide whether they wanted to paddle further today or wake up early and have a longer day tomorrow. The girls all worked together to make a decision for where they wanted to camp that night. They decided to persevere and paddle ahead. We battled head winds to find other groups staying at the campsites we had planned on stopping at. The girls kept pushing and finished



all of Eagle Lake and camped at Zeigler. The girls were so proud to have battled both Chamberlain and Eagle in one day! For dinner we had rice, chicken and veggies. For dessert we relaxed by the campfire and toasted s'mores.

Day 6

We woke up early today and headed from Zeigler to the Jaws. We arrived at our campsite by lunch and made grilled cheese for lunch. After lunch the girls worked diligently on bracelets to share with their friends. We then practiced T-rescues in case anyone flipped on the rapids the next day. The girls loved jumping off the canoes into the water for hours after T-rescues. They all then put on their life jackets like diapers and went "diaper diving" into the water.

The girls dried off to help make Mac N' Cheese for dinner. The girls went crazy and polished off the giant pot of homemade Mac N' Cheese without any problems. After dinner we sat down for "Rapids Class" where we taught the girls how to read rapids using rocks and a fake river drawn in the sand. We reviewed shooting the v's, eddying out after rapids and how to properly go down a river if you happen to flip. The girls were eager to learn everything and excited to tackle chase rapids the next day! For dessert we had milky ways and hot chocolate by the campfire. The girls loved being able to dip their candy bars in their hot chocolate and talk about their favorite part of trip so far!

Day 7

Today marked being on trip for exactly one week! The girls couldn't believe how fast the trip has gone by so far when we woke them up at 6 am. We paddled the short distance to Churchill dam to finally put in on the Allagash River! A ranger portaged

all of our gear around Chase Rapids as we ran the rapids! The girls loved being able to paddle rapids for the first time! Chase Rapids were roughly an hour and a half long with a lot of rocks and fallen trees. It was a technical set of rapids but we had all five boats go down without flipping!

We paddled to Grey Brook and had couscous and pepperoni for lunch. The girls traded books and bracelets after lunch. They also learned the card game Egyptian Rat Screw and began playing it obsessively during trip. For dinner we made S&M pancakes and bacon. The girls loved helping making pancakes! We then had circle time and talked about what life is like going into high school and other big changes ahead! The girls loved being able to express their worries and talk about how what they learn at Wavus will help them in high school.

Day 8

For breakfast we had Honey Bunches of Oats and powdered milk. We added dehydrated bananas to make it a little more exciting. We paddled from Grey Brook to Outlet. Today was overcast all day and looked as if it was going to storm. For the first time on trip we had tailwinds on Round Pond and were able to cruise into our campsite early. After setting up tents, the girls all put on their sleeping bags like mermaid tails and acted out the Little Mermaid. They soon got sleepy and collapsed in a pig pile to nap.

The girls woke up to what they thought was thunder. We quickly got into our rain gear to get ready for a storm! The girls all bomb proofed the campsite and then helped set up a tarp incase of rain. While cooking pesto pasta for dinner, we went over lightning protocol in case of a storm.

Fortunately it never stormed so we did not have to worry! We had Oreos for dessert and discussed life lessons we had learned from tip so far around the fire.

Day 9

Today we woke up to a moose in the water near our campsite! We ate bagels for breakfast after sleeping in a little and hit the water once again. On our paddle we saw two more moose on the river! It was a short paddle to our campsite at Deadwater North. We sat around playing cards for the majority of the afternoon. We then did a "Spa Day" and used camp soap to clean off in the river. With the girls all squeaky clean we had a photo shoot around our beautiful campsite! For dinner we had Orzo pasta and veggies.

Day 10

We woke up this morning and ate bagels again for breakfast. We paddled a short paddle to Allagash falls. This was one of the prettiest paddles yet through the high grass and low hanging trees. We portaged our canoes around Allagash Falls and set up our campsite. The girls quickly ate lunch because they were excited to go play in the falls! We spent the entire afternoon hanging out in the water fall and jumping off rocks. For dinner we made pizza over an open fire. We did our circle time down by the water and passed around all of the candy we got from our resupply.

Day 11

We woke up to have cereal and finish portaging our group gear this morning. It was a longer paddle to Evelyn's Field where we were staying that night. We went across the river to buy cheese to add into our pasta with tomato sauce and hot dogs. For dinner we had rice and scrambled brownies. The girls

took turns cooking and cleaning all of the dishes. To our surprise there was a fireworks show in the field that night! The entire town came out to see a half hour firework show. We curled up in our sleeping bags and watched the show all together.

Day 12

We woke up and ate bagels again for breakfast before packing up for our last paddle. The girls were sad to end the Allagash River and we turned right onto the Saint John River. The rapids here were the girls' favorite so far! We arrived at Pelletier's Campsite for lunch and had burritos. Kate showed up in the afternoon and we told her stories of our trip over pizza and cookies! The girls tried to sleep outside that night but only a few were able to brave the bugs!

Day 13

We woke up at 5 am to load up our canoes and gear to head back to Wavus. It was six-hour drive home with a stop at Panera bread for lunch. Once at Wavus we cleaned our gear, got J-scoop and made our big entrance in the red truck!



Allagash II

HBC: Laura Lee

JC: Lindsay DeMuth

JC: Taylor Bergeron

July 4-16: Allagash River

Day 1

Today we began our trip. We woke up really early and packed all of our gear and cleaned the cabin. We had a long car ride and when we reached our drop-off point, we saw a mother and calf moose! After we ate lunch and got on the water, we quickly learned that canoeing was a lot different than our previous trips. We learned how canoeing can be relaxing, fun, spacious and even hurt our arms. The day was beautiful and sunny with not much wind. We saw three eagles - really cool since it was the Fourth of July! We reached the campsite after four miles and two and a half hours. We set up camp and went for a swim and played a couple of games. For dinner we had super yummy burritos and s'mores for dessert. It was a great first day!

Day 2

Today was luau day because Hawaii is known for vacations and I wanted everyone to relax before Mud Pond. We started the morning off with vanilla yogurt and granola, lunch was turkey and cheese and dinner was sb & j on bagels. We travelled up the Penobscot River through Chesuncook Lake, stopping on the way for some root beer and fudge. We then finished Umbazookus Stream and Lake and stopped at the beginning of the Carry Trail to Mud Pond. Some highlights consisted of seeing three bald eagles and one black bear. Overall it was a great day!

Day 3

The theme of the day was Mud Pond.

The message that I tried to convey was to be in the moment and truly experience Mud Pond. I said that these moments will become great memories and will shape us as people and as a group so we should focus on what we are doing instead of what's coming next. We woke up early and had a quick breakfast and began portaging around 5:30. We leap-frogged the gear and the canoes down the path. At some points we were able to drag the canoes through water because it had rained the day before. Most people stayed in a certain section of the trail with two or three people helped to leap-frog. The mud was about thigh high and on average about mid-calf height. It was a long portage but it was not as bad as it was built up to be. Bringing in the last canoe and paddling away felt so good. The two keys to successfully completing the portage were to trust that everyone was doing their fair share and working their hardest and to remember that everyone else is as tired and in as much pain as you are and doing as much as you are. It is important to put aside your self-interest for the good of the group. I feel as if we are much more bonded as a group than we were before this experience.

On the way to the campsite we ran into Allagash I from Wavus and they gave us Oreos. It was a long and rewarding day and we camped at Thoroughfare.

Day 4

The theme of the day was spa day because of resupply! Most of us canoed over to our resupply spot while a few girls slept in. Those of us who went to the resupply got to jump off the bridge. Sara Taylor and Logan brought us munchkins and Gatorade which we really enjoyed and then

we started paddling for the day. We paddled back up Chamberlain Lake but unfortunately had headwinds the entire day and had to stop early at Gravel Beach. Everyone hopped in the water to swim before having a great dinner of hamburgers. We went to bed pretty early because we have another long day of lake paddling and we want to try to get an early start!

Day 5

Today we woke up early to try and beat the wind on the lake. We had a delicious breakfast of strawberry yogurt and granola before paddling the rest of Chamberlain Lake. We took a short break at Lock Dam and then followed the stream into Eagle Lake. Thankfully there were no headwinds but we decided to take an early day and stop at the campsite Thoreau on Pillsbury Island to eat lunch, soak up the sun and just relax. The campsite was gorgeous and some of the girls made the most wonderful backcountry cinnamon rolls for dessert after we had fajitas for dinner.

Day 6

Today's theme was non-living animal day. The night before we stayed at the beautiful campsite of Thoreau. We paddled about six miles to the ranger station and then we paddled one more mile on Eagle Lake and had lunch on the bridge separating Eagle and Churchill Lake. Most of the girls jumped off the bridge during lunch while we ate hummus and pita. We paddled all the way to Churchill Dam and ate an early dinner. After dinner we got ready for bed and had a quick evening activity, which was to imitate the noise of your chosen animal. We then went to bed to prepare for the next day ahead, Chase Rapids!

Day 7

The theme of the day was hump day because it was both the middle of the week and the middle of the trip! It is crazy how fast the trip has gone by and it still feels like the Mud Pond portage was yesterday. Today we completed Chase Rapids and Umsakis Lake. Chase Rapids was very fun and no one flipped! The wind was with us on Umsakis Lake and we were able to sail with our Crazy Creeks. We stayed at Sandy Point.

Day 8

We woke up and had oatmeal for breakfast. We packed up all the gear and then we were on our way. We stopped for lunch at Lost Popple. We discussed our entrance back to camp and ate some of the dried fruit from the trip shed. We also saw a moose. We camped at Back Channel in Round Pound. We unpacked the gear and set up camp and we ate chili mac for dinner.

Day 9

Today we finished our lake paddling and we slept in a little bit and made S&M pancakes for breakfast. In our struggle to find an empty campsite we had to continue paddling past our planned campsite. In total we paddled about 14 miles and we also saw a moose earlier in the day. For dinner we had pizza followed by s'mores. Half of our cabin slept outside where we saw shooting stars and Mars.

Day 10

We woke up to our tenth beautiful day the trip. We spent the night at Ramsay Ledge, which was a nice and spacious campsite. Many of the girls slept outside under the stars, which they all said was amazing. The theme of the day was fun because I wanted the girls to really relax and have fun



at Allagash Falls since they had been working so hard all trip. We left the campsite and had a short paddle to the falls where we portaged canoes, moved gear and set up camp. We then made our own original "Gash pie" for lunch. It had falafel, salsa, veggies, cheese and potatoes. It was delicious. After lunch we spent all afternoon swimming and jumping into the water at the base of the falls. It was an amazing afternoon with incredible views. After a fun-filled day we ate gado-gado for dinner and for dessert had tasty scrambled brownies while enjoying a nice campfire. It was an all-around beautiful, relaxing and especially fun day!!

Day 11

We woke up to a brisk morning at Allagash Falls and had cereal with powdered milk. We finished portaging the canoes down to the river and set off to Debbie's Field. When we arrived we found some shade and immediately started cooking lunch. We had Ramen and some leftover dry cereal. After lunch we took a stroll into town and hung out at the playground. Tonight for dinner we had leftovers. We had potatoes, pearls, and pasta with cheddar-broccoli soup mix. Later, for dessert, we enjoyed hot chocolate and ended up sleeping in the field under the stars. It was a perfect night!

Day 12

Today's theme was reflection. Being our last day of paddling, we spent day looking back on all aspects of the trip. We left Allagash Village early after a quick breakfast of bagels, sun butter and jelly. The supposed two and a half hour paddle to Pelletiers took us about four hours but we enjoyed the last sections of rapids and took pictures along the shore which we thought was Canada. After we reached our

campsite, we portaged the canoes to where we were going to be picked up and set up camp. Lunch consisted of eating everything that was left in the wanagins and our counselors bought us ice cream afterwards. The rest of the day was spent reading in the shade or down swimming in the St. John River. Once the trailer arrived, some girls loaded the canoes while others learned how to build fires. For dinner we roasted hot dogs on sticks over the fire and then everyone shared their rose, bud and thorn for the whole trip. It certainly was a great way to end such an amazing trip.

Day 13

Today we go back to Wavus! We woke up at 4:30 am, packed the rest of our gear in the trailer and then made backcountry muffins. Joe picked us up around 6 am and we drove all the way back to Wavus. It was pretty unreal how quickly the trip came to an end but overall it was a blast and we were all very sad it had to end so soon!



Long Voyage

HBC: Emma Murphy

JC: Cullen Le Pointe

JC: Ryn Tierney

June 30- July 17: Long Voyage

Day 1 (6/30)

This morning we awoke in our comfy beds one last time before embarking on our 18-day journey. At breakfast we announced our departure and said our goodbyes before loading up the van and trailer. When everything was packed and ready, we left Wavus in our rear view mirror, only to return as changed women. The most of our morning consisted of a car ride to the scenic Medway and Millinocket area. We intended to paddle the notorious Grindstone Rapid when we arrived, but unfortunately the water levels were too high. Instead we conducted a brief canoe clinic at the beach where we will end our trip. We then reloaded the van and headed to the Pinegrove campground where we enjoyed a relaxing evening and dined on bacon and avocado cheeseburgers. We ended our night with a lavish candy party financed by care packages, not a bad way to begin our voyage.

Day 2 (7/1)

We woke up at Pinegrove campground and ate some delicious breakfast sandwiches. We then packed our daypacks and the van and set out for Baxter State Park. We arrived and set up camp to dry out our things. Afterwards, we ate lunch before heading out for our first hike of the trip. We drove to Katahdin Stream Campground and went for a short hike on the end of the AT to a small pond. The ferocious bugs forced us to turn around quickly to get back to the safety of the van. Back at the

campground we left letters for Maine Trails to get at the end of their trip with the rangers. We then went for a swim at some rockslides, but found that the water level was too high again, so we swam but were unable to use the slides. When we arrived back at Bear Brook Campground we had a delicious dinner of chicken fajitas then went to bed early in preparation for our early morning to Katahdin.

Day 3 (7/2)

Day 3 began at 5 AM in order to get an early start on our trek up Katahdin. We packed things up quickly and devoured our bagels, running on pure adrenaline, as the majority of us had never hiked Katahdin before. Despite our jitters, we hit the trail by 6 AM. Just 2 hours later we had completed the first 3.3 miles and had reached the beautiful Chimney Pond. At Chimney Pond a ranger who was stunned that we were attempting to hike in the rainy weather greeted us. He informed us that we would not be able to hike the Knife's Edge, as we had initially planned, and would instead have to hike the Saddle Trail both ways. We reached the summit 2.5 hours later and marveled at our accomplishment while enjoying a lunch of PB and Nutella. We then hiked down the mountain, returning to the campsite by late afternoon. We finished the day with personal pizzas, a candy party, and a moose cruise through Baxter State Park.

Day 4 (7/3)

Today we had yet another early morning. After oatmeal for breakfast and a quick water bottle fill up by the stream, we set off to meet the resupply. On our way we saw a moose walking casually along the road ahead of us in Baxter and then another one later on in the day while driving to our put-in,

the first two moose of the trip. The resupply van brought our ninth and final camper, Tess, who was finally able to join us. It was a long journey down long dirt roads to the North East Carry, but everyone was just thankful that we didn't have to portage the entire thing. Instead, we portaged a quarter mile path, and after a quick break for cold cuts, chips and Gatorade, we were on our way. We were pleasantly surprised to discover that the river we were on had a powerful current, which pushed us along. A Bald Eagle followed us downriver as well, functioning as our "spirit guide." The water was too high to camp on Big Island with Gash One, so we continued on past where Gash was staying to Big Pines campsite where we made Philly cheese steaks before retiring for the night after a long day.

Day 5 (7/4)

This morning we woke up ready to take on our second day of paddling. We allowed ourselves to sleep in after yesterday's lengthy portage, then enjoyed breakfast burritos. After camp was packed, we continued to paddle down the west branch of the Penobscot River. A few hours passed on the river until we found ourselves enjoying a 4th of July treat of root beer and fudge at "The Store" in Chesuncook Village. Once we had seen all there was to see in the Village, we began our trek across Chesuncook Lake only to be met with some serious headwinds. However, our strong paddling allowed us to coast into camp by late afternoon. We indulged in a late lunch and nice afternoon swim/bath then had a camper cooked meal of pesto chicken pasta. We finished our 4th of July holiday around the fire engorging ourselves with s'mores and sharing stories of the day.

Day 6 (7/5)- Livia

This morning we woke up at 7 AM and had some delicious S&M pancakes for breakfast, we then quickly started the day of paddling. After paddling through two lakes, we arrived at a stream where we began our first section of river paddling. We stopped for lunch at a campsite where we ate PB and J sandwiches. After that we set out for the Horse Races. This was very hard because we had to drag our boats along up a lengthy set of rapids. The current was very strong because of the high water level, which made the task even harder, but it was a nice change from portaging. When we got to a waterfall we pulled our boats out and moved all of our gear to a dirt road that we would be portaging along to the campsite. When we finally got there, we set up our tents and had a wonderful dinner made of quesadillas. We ended the day with Lorna Doones, a round of rose, bud, thorns, and a beautiful sunset on the dam before bed.

Day 7 (7/6)- Allie

We started the day with delicious cheesy bagels. We then packed up camp and brought the canoes and gear over the dam to start canoeing downriver to our next campsite. The river was very marshy but because of the high water there were deeper parts in the middle so we only got stuck in mud a few times. Along the stream we were also accompanied by a moose that quickly ran back into the trees after we scared it off. Paddling up stream didn't take too long and before we knew it we were at the base of Round Pond and could see our campsite. We had Nutella and peanut butter sandwiches for lunch at the campsite and then laid in the sun on the beach playing cards, reading, and writing letters to send

the next day at resupply. Dinner was some amazing mac and cheese and a surprise blueberry pie for dessert that was brought up by our Pine Island neighbors. Before bed we did rose, bud, thorn and then got an early night.

Day 8 (7/7)- Honor

Today we got to sleep in until about 9 AM. When we woke up, we had a good breakfast of oatmeal before packing up and organizing all of our gear for resupply. We were able to do this fairly quickly and read on the beach while we waited. At exactly 11 AM Sarah Taylor and Logan arrived with our resupply. We were all very happy to see some familiar faces. We quickly organized our laundry and packed up our new clothes, wannigans and coolers. Then we put four canoes into the back of the truck along with all of our boundary bags, we all piled in after cramming into whatever space we could find and we set out to the head of the portage trail, leaving only Emma behind with the rest of our gear. When we got there, we unloaded the gear and began the longest portage of our trip. With two or three people on each canoe we had all four at the lake before the truck arrived back with the coolers and wannigans and Emma. For our next load we were able to pile the coolers and wannigans into a wheelbarrow, which cut down the number of trips significantly. Finally we finished the portage and were rewarded at the end with mail and a veritable feast of cold cuts, munchkins, Gatorade, and candy. After lunch we talked to the ranger and then paddled just across the inlet to our campsite. There we built a fire, enjoyed the small beach and set up our gear and tents. We had some tent time and then a delicious dinner of cheeseburgers with bacon and avocado

followed by scrambled brownies. At last, we went back to our tents and fell asleep quickly after a challenging but rewarding day.

Day 9 (7/8)- rest day

Midway to Medway! Today marked the halfway point on our long voyage. It was also our rest day. We slept in until 9 AM, then enjoyed a leisurely breakfast of berries and sausage, egg, and cheese sandwiches. When breakfast was over, we all retired to enjoy some late morning reading and napping. At around noon we all agreed it would be a nice time to eat some of the candy we received in a care package from a former camper. While eating the candy at a frightening pace, we asked each other various questions such as who/ what we would be in a different time period. We then moved our leisure time to the beach where we swam, bathed, read and ate fruit all afternoon. Once all clean, we prepared an elaborate stir fry, then ended the evening around a fire roasting marshmallows. Despite our relaxing day, we're ready to begin paddling again come tomorrow.

Day 10 (7/8)- Camille

Today we woke up pretty early and quickly packed our stuff up and ate our cream cheese bagels to try and beat the unpredictable wind. We left our campsite around 6:45 am and were nicely surprised by the lake's stillness. It was a perfect day even if the sky was clouded and we quickly paddled to the end of the lake where we rafted up for a snack. We then paddled down rapids, went through a pond and finally arrived at our campsite (Little Allagash Falls) after only three hours of paddling! We carried our canoes around the falls as the trail was really short and our shoulders were still bruised from the last one-mile portage.



After a quick “team meeting”, we all agreed to continue paddling, since it was morning. We loaded up the canoes and prepared ourselves to face our old friend Chamberlain Lake and its head winds! We paddled down the rapids but then Tess and Allie’s boat capsized! Nothing was lost except Allie’s camera. When we arrived at Chamberlain Lake, it was quickly decided that we would stop at the first campsite we saw; the headwinds were against us. We stopped at Crow’s Nest and ate delicious hot sandwiches! Some of us slept and relaxed in the tents, the others played cards, read, wrote letters, played psychic and/or ate gorp.... At dinner we had exquisite handmade pizzas and Milky ways! We did rose, bud, thorn then headed back to sleep!

Day 11 (7/10)- Sasha

Today we woke up early and had granola bars so we could have brunch at Gravel Beach. Unfortunately, the winds were against us once again! We stopped at Shady, which was still quite far away from Gravel Beach.... We had breakfast with eggs and bacon. After a lovely brunch, we left the campsite and all paddled as hard as we could. The wind was so strong. We had a half rest day. We read, slept and played cards until dinner. We had tuna melts and soup for dinner and went to bed early for the early wake up of tomorrow.

Day 12 (7/11)- Emma

We woke up really early this morning on Chamberlain Lake to get a head start on our paddle. We had some cereal and milk and got on our way. We paddled for a lot, then arrived at a bridge where we were able to stop by the ranger station and fill up our water bottles, eat a granola bar snack, go to the bathroom and continue onwards. After passing under the bridge, we

were able to sail on the lake for the first time. We rafted up the canoes and sailed with the old rain flies down to our campsite on the other side of the lake. When we arrived at our campsite, we had a leisurely lunch of nutella and peanut butter pitas. We sat and relaxed at the campsite for a few hours until we began cooking dinner of rice and beans followed with some s’mores over the campfire. It was another great day of trip.

Day 13 (7/12)- Tess

Today was Counselor Emma’s birthday! We slept in and had some delicious s and m pancakes for breakfast. We paddled down the lake until we arrived at the dam. We carried our canoes to the other side of the dam. We scouted the beginning of the rapids and went down. Everything went well except for Abby and camper Emma flipping their boat, but luckily they’re okay. After finishing the rapids, we entered a lake. We tied our boats together and had some tuna and hummus pitas for lunch. We relaxed in our boats for a while and went swimming. Then we sailed to our campsite and when we arrived there, there were two men on our campground. The campground was really small so there was no space for us to set up our tents which is why we all slept on the beach together and had dessert in bed.

Day 14 (7/13)

Today was our most challenging day yet. We woke up at 4:30 and enjoyed some granola and milk while still in our sleeping bags in order to ward off the cold. We finally managed to get out of our warm sleeping bags and pack up our belongings on the beach. After leaving Little Coffeelos we paddled across Webster Lake to the mouth of

Webster Brook where we stripped our warm layers and prepared to take on the most challenging whitewater of our Wavus careers. The morning went surprisingly well with only two flipped boats on a windy portion of the brook. By 10 am we had finished the whitewater and started portaging around Grand Pitch. The portage was extremely challenging and took us four hours. Afterwards we paddled across Grand Lake Matagammon, portaged a dam, then headed down the Penobscot to our campsite by The Store where we had pizza and brownies then went swimming.

Day 15 (7/14)- Abby

We woke up this morning at 7 am, still amazed that we made it through day 14! We ate a gourmet breakfast of “just add water” oatmeal. Then we set off. After two or so hours of paddling we reached our first portage. We made it through this portage so quickly and efficiently. The next two portages were more difficult, with three portages in all. We arrived at the campsite. We relaxed, swam and drank Gatorade. Then we celebrated French Bastille day with a dinner of pesto pasta.

Day 16 (7/15)- Charlotte

We woke up today at 6 am. After taking down our tents and packing up, we carried our bags down to the water, where we ate a breakfast of granola and powdered milk. After a short paddle we reached a portage trail, the last of our trip. We were excited but nervous because the trip notes described it as the hardest of our ten portages. However, it was not a very hard portage and we finished by 10 am. Before we started paddling again we took a short swim. We paddled until lunch, which was peanut butter and jelly, then we continued paddling

and eventually reached our campsite, where we had a delicious dinner of ramen and fiesta rice with scrambled brownies for dessert.

Day 17 (7/16)

Today we woke up with bittersweet feelings as we realized that it would be the last morning of paddling on our trip, and that we were so close to Medway. We spent the morning paddling down the river for a few hours, stopping at Grindstone for granola bars before we scouted and ran the rapids there, which went very well and were over quickly. After, we paddled a few more hours on the home stretch to Medway, stopping shortly for a quick dip. We were so excited when we saw the bridge that marked Medway that we took off, paddling as hard as we could. Logan was waiting for us on the shore with our mail and final resupply, including turkey sandwiches, chips, and Gatorade for lunch. Afterwards we drove to our campsite near the rafting company and ate breakfast for dinner with pancakes and sausages. Our night ended with a candy party and chatter around the campfire.

Day 18 (7/17)

Everyone was very excited for rafting this morning. We hurried to pack up and eat our cheesy bagels before climbing on the rafting bus. Once we were there, we split into boats and had a blast paddling down the river all day. Lunch was provided by the rafting company as well as some delicious GORP, which was a big hit. Rafting ended with more bittersweet feelings and we finished a fun day of trip, but unfortunately, also the last day of trip. We drove back to camp, stopping at Panera for a much-anticipated dinner, and at Walmart to get some things for our entrance. When we

returned to Wavus, we were met with overwhelming feelings of happiness and sadness as our trip had now ended. After settling back into our cabin we decided that today was one of the best days of not only our Wavus careers but our lives!



Maine Trails

HBC: Marge Tucker

JC: Mac Peters

JC: Emily Rodrigue

June 27- July 5: Sea Kayaking

July 5-18: Appalachian Trail

6/27 Wavus to Black Island

Today was the first day of our trip (which we are now referring to as an adventure)!!! We “FEASTED” at Wavus for breakfast and said goodbye to all of our friends, and were on our way to our sea kayak put-in at Friendship, Maine. We had a little trouble about twenty yards from our put-in, but everyone was safe and we headed off. After a short paddle we arrived at our destination for the night, on Black Island. After setting up camp and eating lunch, we had rest hour and great conversation that overlooked a foggy Muscongus Bay. After wandering the island for a bit, we cooked up some avocado burgers and ended the day with a snickers bar. We talked a long time and finally our weariness and the bugs forced us into our tents for the night. We are super excited to head out tomorrow and to explore the other islands the Muscongus Bay has to offer.

6/28- Black to Thief

After sleeping through a torrential downpour, we woke up to a foggy, windy day. We broke own our tents and nommed on the best bacon, egg and cheese breakfast sandwich that had ever touched out lips. After chillin’ on black (literally) until the tide came up a little, we decided to head over to Thief while it was still in view. On the Way over Brooke, Gracie and Phoebe (aka Blue Thunder, Fruit Punch and Flash Flood) reported on the wind and waves as Maine Trails’ own storm

chasers. Meanwhile Sarah and Cynthia though they were going to capsizes and Olivia happily sang Chicken Fried. Upon arrival basically the whole cabin used a wag bag and ate a lot of gorp. We explored the island and cooked up some delicious Alfredo. We couldn't finish it, so we played Yum-Yum... but Brooke was the only participant. As darkness fell upon our little island we headed off to bed happy, full and excited for Hog Island and possible sunshine.

6/29- Thief to Hog

We woke up this morning to even more rain and fog. So after our delicious breakfast of oatmeal and raisins we had tent time until lunch. We were going a little stir crazy since we were stuck on Thief and could only see fog surrounding us, so we treated ourselves to an afternoon pot o' scrambled brownies. We began to cook our tuna melts and tomato soup dinner but soon after something AMAZING happened... a blue sky appeared and the sun broke through! We leapt for joy and packed up as fast as possible and chipped off to Hog Island. We paddled for about an hour while watching the sunset defiantly was the most beautiful moment of our trip thus far. It started to drizzle soon after our arrival to Hog, so we took to our tents and prepared for another day at Muscongus Bay.

6/30 - Hog to Bremen

We woke up on the Isle de Hog and ate some gourmet Kashi bars. We decided to venture over to the other side of the island where we ran into a giant porcupine, Hog Island Ryan and Wavus' own Cayuga! We spent the day lounging on the dock and playing soccer. Hog Island Ryan cooked up some mussels that we tasted and MT instantly fell in love with him. After

a wonderful day we hiked back to the other side of Hog, packed up and headed to Bremen. At Bremen, we had a group discussion about our cabin and cabin life, and then each wrote compliments about each person in the group and read them anonymously in front of the fire. We finished the night with pasta and Oreos. Hog Island Ryan stopped by to give us some life savers so we could go in the dark and watch the blue sparks fly around in our mouths. The children returned to their yurt and the counselors to their tent. We went to sleep looking forward to the van ride in the morning.

7/1- Bremen to Russ

We woke up bright and early to organize our resupply. After eating some bars, we sat and waited for Kate Adair, tripping director extraordinaire. Meanwhile, we made friendship bracelets and listened to our counselors sing a song about each other. it was HILARIOUS! When Kate arrived, we loaded everything up, got our mail and chilled in the van until we arrived in Stonington and had lunch at a cool little cafe. Finally, we loaded up our boats and set off into the fog. It only took us about 15 min (of completely blind paddling) to reach our destination of Russ Island. We set up camp, cooked up the most amazing chicken burritos EVER! :) After some quiet time out on the rocks, we headed to bed and got excited to plan out our itinerary and kayak in a new and exciting location. Let the adventure begin.

7/2- Russ to Sheep 1

We woke up to another rainy morning after another rainy night. After a breakfast of granola and blueberries we set off. Our original plan was to head almost two miles to Sheep, but with high winds and cold rain,

we decided to go to a close island, Hell'sHalfAcre. Unfortunately, that campsite was full and we arrived cold and exhausted, ate hummus and turkey pitas and ran to our sleeping bags for an extended rest hour. After hanging out and munching on gorp we had a pre-dinner alone time and then PITA-PIZZAS! Our dinner conversation was great so great we stayed up even later to continue and drink hot chocolate to stay warm. Tomorrow we will plan our itinerary for the rest of sea kayaking and hopefully soak up some sun.

7/3- Sheep to Sellers

We woke up to the sight that we had dreamed of for so long.... SUNSHINE!

We were so excited for a sunny day and we leapt for joy. After a delicious S+M pancake feast, we set off on a longer 3-mile paddle to Seller's Island. We got to Seller's in the afternoon, ate a quick lunch, and spent a few hours lounging on our tropical island-esque beach. The weather was so tropical and fresh that we got to dry out all of our stinky wet gear for the first time since we left camp. We set up our campsite and made Mac & Cheese. We definitely didn't have trouble finishing that giant pot of goodness. After such a fulfilling meal we got to watch one of the very few kayaking sunsets, which was absolutely stunning! We soaked up the sunset with lots of pictures and group chat before we went to bed, to get plenty of rest for our Fourth of July festivities. Tomorrow is a rest day! YAY WAV!!!!

7/4- Rest day: Sellers Island

'MURICA! Today we awoke to two of America's greatest freedoms: sunshine and serenading camp counselors. As it was the Fourth of July, it was only appropriate that the counselors

woke the campers up for breakfast by singing (with harmony by Marge...) the National Anthem. After many comments on how incredibly awesome and talented our counselors were, we all ate some delicious Kashi Bars on the rocks overlooking the ocean. We played many intense games of mafia followed by a Miss America pageant put on by the tent groups in honor of the Fourth. (Because we all know it's the best holiday of them all!) The team of Brooke, Gracie and Cynthia tasted the sweet victory with their one point over the team of Sarah, Olivia and Liv. The points were deducted (rightfully so) from team Sarah, Olivia and Liv because they didn't know the words to their own National Anthem. Phoebe did not participate because she was catching up on sleep lost due to her tent mates aggressive snoring. Next we got out of the sun for a few hours and talked over some PB+J's. After an unrestful rest hour we headed down to our white sand beach for our allotted 2½ hours beach time. We didn't want to get sunburned right before we started our backpacking section. (That would have not been fun for anybody involved with this adventure.) Much henna was applied including some face tats for a selected few. After we got our bronze on for the day, we made a delicious dinner of rice and beans (shout out to Uncle Ben.) Even though this dinner wasn't the most patriotic of dinners, we made up for it with beef jerky, scrambled brownies and s'mores. We went to bed early so we could get some good shut eye before we left for the start of the 100 mile wilderness.

7/5- Transfer to Monson (Start of the 100 Mile Wilderness)

We had a very full and exciting day that started at 6:30 am. We packed up



our boats and headed out for a longer paddle to our take-out. When we got there, Logan met us with all sorts of goodies, packages, munchkins and all our backpacking gear. After a relaxing van ride we had a delicious lunch at a BBQ joint in Monson. After lunch we got dropped off at the trail head to start our first section of the 100 Mile Wilderness. The girls did an amazing job and ate a feast to celebrate once we got to our first campsite. We went to sleep early to get ready for our next day of hiking.

7/6- Leeman Brook to Wilson Valley-(a.k.a. MAC'S Birthday Extravaganza Hike)

We woke up early and excited for our first full day of backpacking. We nommed bagels and headed off to Wilson Valley Lean-to which is 7 something miles away. We are still adjusting to our packs and we got off to a slow and sweaty start but made really good time to our lunch spot around noon. After many ups and downs, three river crossings (up to our mid- thighs), a few breaks and sore legs, we made it to Wilson Valley lean-to. We ate mashed potatoes and had cinnamon sugar pop-overs in honor of Mac of all trades' birthday extravaganza. Emily shared her spotlight while we ate s'mores and then we headed to bed. So excited to hike Barren Mountain in the morning!!!

7/7- Wilson Valley to Cloud Pond

Today was one of our most challenging yet. Our group really came together today and pushed through to the end. We had a really early wake-up and hit the trail by about 6:30. We hiked happily in the morning and chatted as we walked. At about 1:30 we took a much needed lunch break and enjoyed pita, hummus and turkey. After lunch

we faced another major incline but with each other's support and many gorp/ water breaks we made it! The top of the mountain had a great view, but we wanted to get to camp (and a water source...!) so we marched on towards camp. After one final hour of hiking for the day, we finally made it to Cloud Pond-a beautiful campsite on a pristine lake. After downing some water and having an emotional cry/hug sesh, we ate some much deserved pesto pasta and talked about some entrance ideas. It started to drizzle so we did a quick med minutes and retreated to our tents for the night.

7/8- Cloud Pond to Chairback Gap

This morning we woke up to a light drizzle, packed up camp and headed out. The rain stopped after just a few hours into the hike and we began to trek up the first of the four peaks we were to summit that day. The hike was so much easier than we expected and we were able to enjoy the peak. We ate pb+j pitas at the top of the second mountain. We trucked on from there to the third and fourth peaks, which were absolutely beautiful. But we were ready to get to camp for the night. We arrived to many a thru-hiker, so we set up our tents in the few open spots and made rice and beans afterwards, we all had major sugar rushes from the Oreos and nutella, but soon headed to bed knowing we had a mountain to climb first thing in the morning. Nighty night!

7/9- Chairback Gap to Carl Newhall

WOW! What a day! We woke up at 6 am and chowed down on some cliff bars, said goodbye to Mdot, Chalipa and Cowhead and hit the trail. We summited Chairback Mountain almost immediately and enjoyed a beautiful view. The rest of the day was spent

traversing boulders and enjoying a sunny day in the mountains. We stopped for tuna and cheese pitas before yet another river crossing. Brooke took a little spill in the water but we all came out unscathed we walked for a few more hours and finally reached our campsite. After that the girls took charge of all the campsite tasks and made pasta marinara! Mama Mia, it was good! We witnessed Olivia take a major tumble LOLZ, LAWLZ.

7/10-Carl Newhall to Logan Brook

Today we woke up early. We had a big day ahead of us and started with a quick summit of Gulf Hagas Mountain. We stopped for a lengthy snack break afterwards when we realized that we were absolutely killing it and had time to spare. We then summited West Peak, Hay Mountain and White Cap as if it was no big deal. We did all of that before our lunch break just below the windy peak of White Cap. We booked it to Logan Brook campsite where we met some awesome and friendly thru-hikers (Cozy was our favorite!). The girls then experienced their first taste of gado-gado (which they all loved!) and fell into a deep sleep to dream of a flatter hike tomorrow.

7/11- Logan Brook to Cooper Brook Falls

This morning we woke up to rain, but were still excited to reach our next destination. Right before our departure Emily had a battle to the death with a family of grasshoppers who had moved into her lumbar pack during the night. We forged on and summited a small mountain right after a killer climb and a lunch break. After a grueling section of repetitive flatness, we reached our campsite. With a beautiful waterfall and swimming hole, we rinsed off and started getting dinner ready. After

couscous and giggles, we headed to bed.

7/12- Cooper Brook Falls to Potayndjo

RESUPPLY DAY! We woke up super early and booked it to Jo-Mary road where we waited for our resupply. While we waited, we cooked some impromptu oatmeal and organized our packs. Finally, our resupply arrived! We feasted on fresh fruit and veggies, opened up our mail, and prepared for the day ahead. After a joyous reunion with Mac and ST, we walked on. After a very long walk we reached our lean-to!! We nommed on our new snacks and avocado burgers, then listened to an awesome spotlight and went into our tents for tent time. Giggles, LOLZ, snuggle time? K Goodnight!

7/13- Potaywadjo to Namakanta

HAPPY SURPRISE DAY! This morning our amazing counselors woke us up at 7:30! Wow, so much sleep! We enjoyed nutella and cream cheese bagels and packed up camp. We walked and talked by a beautiful river and knew our counselors had another surprise up their sleeves that they wouldn't reveal at lunch. We had no idea what it could be! We thought and though- was it ice cream? Was it the camp puppies? Finally we realized the surprise; our lunch spot was, in fact, our destination for the night. We got to go river swimming, rest and make a fire all before dinner. After enjoying some chicken/veggie stir fry for dinner, we made s'mores over the fire. We made some new friends as this was a very popular campsite. Flo, a thru-hiker from Germany, was the best friend we made on the trail (up there with Cozy). We listened to some spotlights and headed to bed looking forward to solo hikes tomorrow!

7/14- Namakanta to Wadleigh

We woke up early and ate some oatmeal, made some new friends and forged on. On our first sitting break, our dear friend Flo walked by! He thanked us for introducing him to “s’mores culture” and we wished him well as he headed on to Katahdin. After hiking alongside a beautiful lake for a while longer, we split up for our 1.1 mile solo hikes. One by one we all successfully completed the hike and arrived at our campsite. After greeting the Kieve cabin, we went swimming in a big lake, untouched by civilization. We cooked up some bean burritos for dinner and listened to Mac’s spotlight. After cards by the fire and catching up with Kieve, we headed to bed.

7/15- Wadleigh to Rainbow Spring

We woke up to an interesting surprise from our counselors, a 3:00 am sunrise hike! We did a challenging hike up Nesuntabunt Mountain, but were rewarded with a stunning view of Namakanta Lake and an incredible sunrise view. We continued down the mountain and followed Rainbow Stream for four miles! After lots of walking and sweat, we stopped for lunch along the trail. We met two nice women along the way who told us the campsite was nearby. We ran the rest of the way and jumped into the lake as soon as we got there. We splashed around for a while until the leech infestation got to be too much for us. We chilled at camp for a while and then made pesto pasta! Yum! After some fun times around the fire, we drifted into a deep sleep. JK LOL we are waking up at four. K cool.

7/16- Rainbow Spring to Abol Pines

TODAY.. WE... FINISHED THE 100 MILE WILDERNESS!! WAH-HOOO!!

We woke up bright and early and

hit the trail by 6:00 am. We trekked all the way up Rainbow Ledges where we were able to chill and enjoy an amazing view of Katahdin. We headed toward Hurd Brook Lean-to where we were able to write in the final lean-to register of the AT. After pouring nutella into our faces, we forged on to complete the 100 mile wilderness! We went to our campsite and set up and headed to the Abol store to get dinner and food for tomorrow, our final day of backpacking. We ate ice cream, then dinner (Reblezzz), then listened to a beautiful spotlight by Olivia and guess who showed up?! Our German thru-hiker friend Flo. It was great to see him and congratulate him on finishing the trail. We then saw a stunning sunset and headed off to bed.

7/17- Abol Pines to Abol Stream

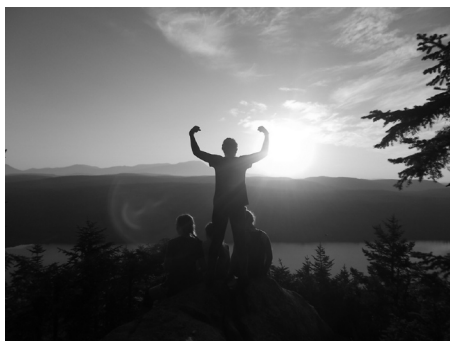
We woke up to a wonderful new breakfast food from the Abol Pines General store. We devoured our pop-tarts and headed out for our last day of backpacking! Wow we couldn’t believe this day had actually come! We hiked the fastest we had ever hiked in order to avoid the vicious mosquitoes. By 12:30 we had arrived at our destination 10 miles away... definitely a record. We had lots of free time while we waited for Nancy and Joe, so we hung out at Katahdin Stream Campground for a few hours soaking up the sunshine. We giggled, did hair wraps and basked in the sun. HRK drove by and offered up a ride to our campsite where we would find Nancy and Joe. They brought us a feast and we ate until we were about to burst. A sudden storm erupted from the sky so we retreated to the ranger station nearby until the worst of the storm passed and we went to our tents to get a “few” hours of sleep before our final ascent!!!



7/18- Abol Stream to WAVUS

We woke up at 3 AM WITH KATAHDIN ON OUR MINDS! We ate some yogurt and granola before meeting Joe and Nancy to hike Baxter Peak! We hit the trail at 4:30 am and made it to the peak at about 9:30, snapped some pictures, celebrated with Kieve Maine Trails. After spending some time on the top, we started a slow descent, dreaming of pizza, our epic entrance and SHOWERS! We reached the bottom, had a tearful reunion with Sarah and the gang and raced towards the pizza that waited for us. After noms and good times in the van, we entered Wavus in style as people who had aged about 100 years on the trail. It was a huge success and we ran off to shower before the long-awaited fireworks! It was a wonderful last day of trip. CONGRATS,

MAINE TRAILS 2013! WE DID IT!



Trip Notes - Session 2

Junior Wavus Responsibility

HBC: Krista Cote

JC: Ally James

JC: Merritt Harlan

August 5-6: Hog Island/ Snowgoose Day 1

Today we went to Hog Island! We loaded up the van with all of our gear and then headed to Pemaquid Beach first. We stayed there for about an hour and a half, laughing, playing in the sand and splashing around in the water. After squashing our sand castles, we left to go to Hog Island. Our gear was waiting for us on the island, so we kayaked from Bremen to Hog to set up camp. Hog Island Ryan showed us around the island, and we explored in the museum, playing with the animals in the touch tank, looking at certain things in the microscope, and reading interesting facts about Maine animals! We had a quick rain shower, but it ended shortly after we were finished watching the osprey candid camera, puffin camera, and puppy camera! We were delighted to find a full rainbow waiting for us outside, with the sun shining beautifully on the ocean.

As the counselors made supper, the girls all went into the fish house to play games with Ryan and Aaron. We had delicious quesadillas for supper! After picking up, Ryan and Aaron took us on a small hike to the beach to watch the sunset. While hiking, we picked up sticks shaped like a Y to make Hog Island Dream Catchers! Ryan showed us that if you work the sand on the beach just right, you can cause the sand to liquefy, acting as if it were a water bed. We spent a lot of time giggling, jumping up and down on the sand,



making mud pies, skipping rocks, and caking our faces with the clay on the beach. We headed back to camp when it started to get dark, using our night vision to navigate us through the trail. When we returned, we made s'mores and dream catchers! Piper had been wiggling her tooth all day, and she finally got it to come out! We all cheered for her because we knew how determined she was to lose it. To end our night, we headed out to the dock to see the breath-taking view of the stars, some of us even saw shooting stars! Ryan showed us that if we put our hand in the water and shake it, it agitates the microscopic algae and causes them to release energy, making the water glow! We all headed off to bed to get ready for the next morning.

Day 2

Today we woke up around 6:30 am, surprised to see that the Tooth Fairy had visited Piper! She left her a little note for her tooth! We packed up all

our gear and took down the tents. We made pancakes with bananas and chocolate chips, while the kids were in the fish house hanging out with Ryan and Aaron. After the meal we were pleasantly surprised that the girls made a song for us! They all sat on the stage and sung it to us as Ryan played the ukulele in the background. They also made up a play to the classic movie "Annie" and performed it for the counselors, Ryan, Erin and Aileen.

We put all our gear in a pile and loaded up on the Snowgoose. The girls got to pull up lobster traps, hold the lobsters and even got to keep one! Captain Bill pulled into a great swimming spot, and some of us jumped off the top of the boat four times! It was a little cold, so some girls opted to stay warm and dry on the boat. We returned to Hog, had lunch, and then headed to Wavus! On the way back, we loaded up the vans with gas, and treated the girls to J-Scoop!



Junior Wavus Respect

HBC: Marge Tucker

JC: Julia Mallow

JC: Greta Brown

August 4-5: Hog Island/ Snowgoose Day 1

Today was a very eventful day! After our mini-primer, we woke up in tents on the soccer field at Wavus and packed for our much anticipated overnight at Hog Island in Muscongus Bay. After a luxurious breakfast that included homemade donuts and the usual Wavus spread, we drove off to Pemaquid Beach! We enjoyed about an hour of beach time during which we made sand castles, dug holes, and splashed in the ocean. After a quick snack, we headed to Bremen landing, from which we would kayak over to Hog Island.

When we arrived at Bremen, we ate some delicious sandwiches and met Hog Island Ryan and his trusty sidekick Aaron. They boated over our gear and we kayaked over to our home for the night. We set up our tents, explored the island, and hung out in the museum while we waited out a short storm. After all of this activity, we were starving! We ate burgers and played some more games, then walked out to a beach to watch the sunset. While we were there, we discovered some squishy ground and found that underneath our feet were layers and layers of clay mud. After playing in the mud, making handprints and getting really dirty, we headed back to the fish house where we roasted s'mores and made "Hog Island Dream Catchers." We were absolutely exhausted, but Ryan had one more activity planned! We followed him out to the dock and saw the most glorious night sky. We





found that when we splashed the water it sparkled with small greenish lights and Ryan explained that they were living things that were always there, but only visible at night! We were amazed and sleepy, so we went to our tents and went to sleep excited for the Snow Goose in the morning!

Day 2

We woke up in our tents and packed everything up. After we were all ready to go on the Snow Goose lobster boat for a few hours, we ate delicious S&M pancakes and made up a song to sing to our counselors – Wavus Rock Me – with the accompaniment of Hog Island Ryan on his ukulele. After that, we headed out on the Snow Goose.

We were able to help pull up lobster traps and help decide which ones were good enough to keep and which ones we could throw back! We boated around for a while and then anchored in a spot where we enjoyed snacks and were able to jump of the top of the boat and swim in the water! It was so fun, but after a few jumps we were all freezing, so we headed back to Hog Island for lunch. We ate sun butter and jelly sandwiches and ran around the island one last time before heading back to the mainland. We headed towards Wavus and stopped for ice cream along the way! It was an awesome trip and all the girls of Respect were rock stars!



Junior Wavus Courage

HBC: Julia Welter

JC: Shannon Hill

JC: Sam Hall

August 5-6: Hog Island/ Snowgoose Day 1

The Courage Cabin woke up on a chilly summer morning and got ready for our big trip! We had french toast and bacon for the French part of the Wavus International day. The girls helped load the box trailer and van and we were off! Our first destination was Pemaquid Point Lighthouse. There we explored the lighthouse, museum and climbed the rock jetty. After a quick photo shoot, we hopped back in the van and headed to Bremen landing. There we unpacked and had a picnic lunch next to the ocean. We got picked up by the Snow Goose III and delivered to Hog Island.

After being introduced to Hog Island Ryan and Hog Island Aaron, we went a quick tour of the island and the lay of the land. The girls set up tents with a beautiful spot to watch the sunrise the next day. We then did a blindfold activity to see if the girls could identify different trees without using their sight. Next we explored the intertidal zone and searched for crabs, periwinkles, and different plant life. The girls loved exploring and were even able to eat "Nature's poprocks" and "Seaweed pretzels," both edible plants found on the island.

For dinner we played Iron Chef Hog Island against the Kindness cabin. Courage took home a victory with our pasta bar including pesto, marinara, fried pepperoni, cheese and veggies. We walked off our dinner to a spot to watch the sunset over the ocean. The clay in the sand created area pockets





on the beach. The girls had a mud fight and a competition to see who could toss it the farthest. When it was time to walk back, we used our "Night vision" and found our way back to the campsite. We then went down to the dock to watch the stars and check out the bioluminescence. Many of the girls had never seen stars so bright! We even saw a shooting star before we headed to bed. The girls fell asleep easily after a long day!

Day 2

We woke up early to pack up our tents and make breakfast. We had toasted bagels, berries and even cinnamon rolls! With full bellies we hopped on the Snow Goose to go lobster boating. We were only able to catch one lobster but the girls still had fun jumping off the top of the snow goose and swimming in the ocean. After docking, we packed up and hit the road. After a stop at J-Scoop for ice cream we happily came back to camp!



Junior Wavus Kindness

HBC: Laura Lee

JC: Hailey Herring-Newbound

JC: Andrea Silvestri

August 5-6: Hog Island/ Snowgoose Day 1

After having a breakfast of french toast and bacon at Wavus, the girls of Kindness packed up the gear, piled into the van and headed off to Pemaquid Lighthouse. We spent the morning exploring the rocky coast and the lighthouse museum. The girls tried G.O.R.P. for the first time and then hopped back into the van to drive to the Bremen Landing for Hog Island. It was a bit too windy to kayak to the island so while we waited for the Snowgoose to ferry us over, we made lunch of ham and cheese sandwiches and apples. Once on the island, we met Ryan and Aaron who gave us a tour and helped us get settled in.

The afternoon was spent in the museum, playing in the touch tank, and exploring the intertidal zone. After some alfredo mac and cheese Ryan took the girls to watch the sunset and play in the clay. We came back to enjoy a fire with hot chocolate and a s'mores bar. For the last educational experience of the day we observed bioluminescence in the ocean and the stars in the sky before a restful night sleep in our tents!

Day 2

Today we woke up early to get ready for the Snowgoose! We quickly broke down camp before having S&M pancakes and fruit for breakfast. Captain Bill picked us up around 10:30 am and we spent the morning pulling up lobster traps and swimming around in the ocean. We stopped back at Hog Island to eat sunbutter and jelly



sandwiches and fruit for lunch. After playing along the shore and around the museum for a little while we piled our gear onto the boat and headed to the mainland. We ended our trip by stopping at J-Scoop for ice cream before heading back to Wavus!



Mohawk

HBC: Emma Murphy

JC: Ana Schavoir

JC: Lara Defaix

JC: Sonja Beckstrom

July 27-28: Damariscotta Lake

Day 1

This morning we enjoyed a lavish Wavus breakfast then prepared for our big primer on Damariscotta Lake. After finishing some last minute packing and life vest fitting, we waved in the veterans for the Burgers and Bikes event. When the bikes and hot rods had all passed, we hopped in the van and headed to Kieve to launch our canoes. Once at Kieve, we loaded our canoes then headed out on the lake to find Cool Island. After a quick paddle we reached the island and set up camp. We then headed across to Punk Point for a refreshing late afternoon swim and diaper diving. Before we knew it, it was dinnertime so we headed back to the campsite. Sonja built a spectacular fire that we roasted weenies over while Emma made her famous camp mac and cheese. After dinner was cleaned up, we roasted s'mores, each enjoying our own Hershey's bar. Our evening ended with stories around the campfire then an early bedtime in preparation for our rock climbing tomorrow.

Day 2

Day two of our trip began with a brisk campsite pack-up, followed by a lengthy breakfast of S&M pancakes. Numerous laughs were had when we decided to craft a giant pancake out of the leftover batter and name him Fat Albert. When breakfast was over, we paddled back to Kieve to rock climb in the Buck building. After a couple hours of climbing we enjoyed a picnic lunch then headed back to Wavus and

stopped at J-Scoop to celebrate our adventure!

July 31- Aug. 2: Mt. Blue State Park Day 1- 7/31

This morning we polished off our last Wavus breakfast for the next few days, loaded up the van, and embarked on our big trip. We spent the morning driving through the mountains of Maine to the scenic Mt. Blue State Park. After a couple hours we arrived at our campsite at the base of Mount Blue. We enjoyed a lunch of cold cut sandwiches, fresh fruit, and goldfish. Once we felt nourished enough, we set up camp and packed our daypacks for a walk in the woods.

We ventured up Bald Mountain for a ways before deciding to hike back down in order to conserve energy for our big hike tomorrow. We returned to our campsite where Sonja made a fire to grill bacon cheeseburgers on. Our day ended with a lavish candy party, a round of rose, bud, thorn, and an early bedtime in an effort to be rested for our trek up Tumbledown tomorrow.

Day 2- 8/1

We woke up early this morning; toasted bagels on the Coleman stove, and then grabbed our daypacks for our big hike up Tumbledown Mountain. When we reached the base of the mountain, we were all eager to begin hiking after the rave reviews we had heard from campers and counselors around camp. We spent the morning hiking up the mountain and reached the alpine lake that sits between peaks by 11:30 AM. While the lake was breathtakingly beautiful, we decided to push further and hike to the summit.

After hiking for another 40 minutes, we reached the top, extremely pleased with our big accomplishment. At the

top we enjoyed a lunch of sunbutter and jelly sandwiches. We snapped tons of pictures, then headed back down to the lake where we enjoyed an early afternoon swim. Once dry, we continued down the peak and reached the van by 3:00 PM. After celebrating the success of our hike, we returned to our campsite, ate a snack, and then headed to our tents for a well-deserved rest hour.

However, rest hour quickly turned into playtime occupied by the new tribal game the cabin had invented. Once we grew tired of the game, we began concocting personal pizzas to feast on. After dinner, we celebrated Sonia's birthday with the Wav classic, scrambled brownies. We finished the day with rose, bud, thorn, and a round of the question game in which we posed the question "if you could go anywhere in the world, where would it be, and why." An early bedtime waited for us again in order to be prepped for another big day tomorrow.

Day 3- 8/2

This morning we awoke to the unfortunate sound of the patter of pouring rain on our rain flies. We were determined to hike so we packed up our things and ate breakfast in record time. However, the rain continued and proved to be too much for a day of hiking a mountain. We resorted to Plan B and headed to the ranger station to inquire about rainy day activities. The ranger suggested we stop at the Maine State History Museum in Augusta on our way back to camp. We then dubbed our van the "Mohawk Mystery Van" and set out on an adventure.

We stopped at the scenic Smalls Falls where we explored and ate a mid-morning snack, then hopped back in the van to head to the museum.



However, when we arrived at the museum, the girls informed us that they had visited the same museum on a rainy day last summer! We ate lunch in front of the State House, then all agreed it would be best to keep heading back to camp so we continued on our way to Jefferson, stopping at J-Scoop for some well-deserved ice cream. Fortunately, we were able to make it back to camp in time for general swim and movie night, a great way to end a great trip.

August 9: Snowgoose

This morning we woke to the sound of rain and the privilege of sleeping in for an extra half an hour. However, we could barely sleep with the excitement of a day on the Snowgoose looming over us, so we packed our daypacks and headed to breakfast. After breakfast, we hopped in the van and headed to the Bremen landing, determined not to let the weather rain on our parade. We arrived at the landing and met Captain Bill, who had the boat fired up and ready to go. We hopped on the converted fishing vessel and headed out to sea to pull up our lobster traps.

The majority of our morning was spent hauling traps and playing with the critters we found inside. When all the traps had been hauled, we headed to a swim spot off of Hog Island where all the brave souls in the cabin jumped off the boat while everyone else waited to wrap them in their warm towels. After swimming for quite some time, we returned to the mainland where Captain Bill ordered us pizza to boost our rainy day moods. We spent the afternoon eating candy and pizza then returned to camp while all agreeing that it had been a day well spent, despite the weather.

Cayuga

HBC: Beth Lebel

JC: Meg Mannix

JC: Hanna Grover

July 27-28: Hog Island

Day 1

After a Wavus breakfast, we all piled into the van and drove to Pemaquid Point. We explored the rocks by the ocean and checked out the lighthouse museum. From there we drove to Bremen where we met up with Hog Island Ryan and ate sandwiches and carrots for lunch. After putting our group gear and personal belongings in the motorboat, the girls were all really helpful in bringing funyaks close to the shore. After a short kayaking clinic from Ryan, we funyaked over to an old shipwreck in the ocean and then made our way to the shore of Hog Island.

We unloaded our things, got a tour of the area where we'd be staying, set up our tents, and had snacks before jumping off the high dock railing into the ocean! After that, the girls dried off, and we went on a nature hike with Aaron. The girls got to try different plants, learn some history about the island, tried nature's pop rocks, and got to build fairy houses in the moss.

We made burgers for dinner, and s'mores followed with singing along to Taylor Swift songs by the fire. When it got dark enough, Aaron brought us to the dock and showed us the bioluminescence by moving our hands back and forth in the water. We went to bed at tent city before taking a look at all the stars in the clear sky above.

Day 2

We woke up and the girls worked on taking down their tents while breakfast got started. Some had seconds and thirds of S&M pancakes. We explored

the shores at low tide. We found sea glass, sea pottery, and so many mussels! The girls found so much interesting sea glass and pottery that Ryan started a treasure chest so that others could see what we found and could add their findings too. After exploring, we cleaned off all the mussels so Aaron could cook them for us to have later. We learned about the ospreys, squids, and took advantage of the learning the touch tank had to offer.

After lunch, Aaron brought us the cooked mussels and almost all the girls had more than one before we packed up the motorboat with our things. We kayaked back over to the dock in Bremen, loaded up the trailer, and headed back to Wavus. We tried to trick the girls by telling them it was too cold for J-Scoop, but they didn't buy it. They knew no Wavus trip could be complete without J-Scoop!

July 31- August 4: White Mountains Day 1

After a great breakfast at Wavus and some last minute packing, we left campus at 11 to head to the White Mountains! On the way there, we drove through Beth's hometown so she gave everyone a drive-by tour. Our only stop was in Auburn where we took a GORP break to hold us over until we got to our campsite. When we got into Gorham, New Hampshire, we stopped at the ranger's station to get a weather report for the next day. It was decided then and there that Mt. Washington would be our hike on our first full day! We got to our campsite at Dolly Copp Campground around 2:30, and we had turkey and ham sandwiches before setting up our tents. After tents were set up and the girls were unpacked, we walked the nature trail at Dolly Copp

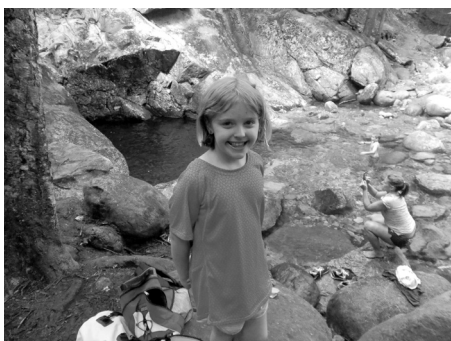
and stopped to get some firewood. When we got back to our campsite, Hannah and a few of the girls kept a fire going while burgers were being cooked for dinner. All the girls were really helpful in looking for dry twigs for the fire. S'mores followed dinner to kick off the first night of trip, and the girls did their own version of Flag by the fire and sang the Wavus song. They were in bed at 9 after their daypacks were checked for the big hike the next day.

Day 2

We woke up shortly after 4 in the morning and got ready for the day. We ate oatmeal and berries for breakfast. We arrived at the Visitors Center at Pinkham Notch around 6:30, and after taking a few pictures at the bottom of the trail for Camper Connection, we were on our way up by 7.

We hiked on Tuckerman's Ravine until we reached the Lion's Head Trail, which we took up to the top. Meg gave us a catch phrase that kept us going after we took breaks: "Tonight, we ride! This morning, we hike!" The girls were really good about encouraging each other and helping to make sure everyone reached the summit.

It took 6 hours to get to the summit, and we took a cabin picture where everyone was touching the Mt. Washington summit sign. After spending an hour eating lunch, we headed back down the mountain via Tuckerman's Ravine the whole way. The girls found the climb down less strenuous but harder to get their footing and to keep going mentally and physically. It took us 4 hours to get down the mountain, and the girls couldn't be happier to reach level ground. We then headed back to the campsite for quesadillas for dinner and another early night to bed.



Day 3

The girls slept in until around 8 and the morning was a planned slow start. We had breakfast and then Meg taught the girls how to do dishes when camping. We decided to hike the Rattle River Trail, which ended up being more of a nature walk about a mile into the woods before reaching a shelter. We walked down to the nearby stream and had lunch on the rocks. After spending an hour or so exploring and skipping rocks, we walked back and headed back to camp.

We enjoyed the slower pace of the day because we were all so sore from Mt. Washington! In the downtime before dinner, the girls played games like Mafia and Camouflage. Dinner was pesto pasta night followed by scrambled brownies for dessert and both were a huge hit with the girls. Everyone was in bed by 9:15.

Day 4

After waking up and having breakfast, the girls worked together to get the dishes done fairly quickly. We packed up all of our daypacks, GORP, and lunch items, and then drove a little ways back into Maine to South Baldface Trail. We walked for about a half hour before reaching Emerald Pool! The girls spent the day jumping off the rock cliff into the water, making a spa area complete with hot rocks and jets, eating lunch, and exploring the water and rocks.

When we got back to our campsite, the girls helped find dry sticks to get a fire started and packed up everything except for the things they would need the next day. We cooked pita pizzas on the grate over the fire instead of on the Coleman, and they came out great! Most of the girls wanted seconds. After dinner we roasted marshmallows for

s'mores to end our last night, and after brushing our teeth we went to bed to rest up for our last day.

Day 5

We woke up at 7 and the girls started packing up their tents while the counselors started S&M pancakes for breakfast. Chef Meg made star, heart, and letter designs in the pancakes with the S&Ms. Most of the girls had seconds and thirds! After everything was cleaned up and the trailer was packed with all our bags, we headed to the Imp Trail. We hiked for about 45 minutes and crossed 3 streams before turning around. The trail was tiring and a little steep for the girls who were still pretty sore from our Mt. Washington hike.

After eating lunch at a spot by the van, the girls worked hard to finish what was left of their GORP and painted their lips different colors from the outside coating of their S&Ms. The drive back to Wavus was filled with music, and it wasn't complete without a stop at J-Scoop. We saw Narragansett there, and we got to give them tips and told them all about our trip!



Cherokee

HBC: Claire Lupo

JC: Madeline Polese

JC: Addie Morgan

July 30-31: Hog Island

After a sleep-in day and late breakfast at camp, we left camp and headed to Kieve's Bremen landing to go on the Snowgoose. It was a little chilly and rainy for late July, but the girls were in high spirits and excited about their day on the boat. Captain Bill and his first mate Meghan met us at the dock and we headed out into the foggy Muscongus Bay. We pulled many traps, catching various lobsters and crabs and getting to keep seven of them – Captain Bill said it was a record! Meghan and Captain Bill taught us about lobsters and other sea creatures as they boated us around the bay.

It was too cold and rainy to jump off the top of the boat, but we got to fish and had fun being on the boat. When it got too rainy and we started to feel the chill, we headed back to Bremen Landing where Captain Bill treated us with a pizza party! We were so lucky!! We devoured the pizzas and had fun playing zoo, planning our air guitar performance, and eating Oreos for dessert in the warm boat house.

The weather started to clear and we decided to explore the tide pools. Our adventures soon turned into daring each other to walk further and further into the 58 degree water, and before we knew it everyone was swimming in the freezing cold, salty water; splashing, laughing, shivering, and having a blast. After a couple more jumps off the dock and some cool pictures, we cleaned up and packed into the warm van with the heat on to return to Wavus for the Air Guitar evening activity.

August 5-9: White Mountains

Day 1: August 5

The Cherokee Cabin left camp after a delicious Wavus breakfast of French toast and fruit and started on our way to the White Mountain National Forest. After a three-hour drive of music, games, and singing, we arrived at the Dolly Copp Campsite in Gorham, New Hampshire. We unloaded our gear, set up tents, and settled down for a quick lunch of ham, cheese, and hummus sandwiches before heading out to look around and go for a short hike. We made the short drive to Pinkham Notch Visitors Center to check weather for the next four days and look at potential trails to explore.

From there we did a short hike up to the Crystal Cascades waterfall. We took pictures, talked about hiking and trail etiquette, and took in the magnificent natural view as we prepared ourselves for the rest of trip. Upon returning to the campsite, we made a small fire and dinner of cheeseburgers and hotdogs as we discussed what was to come in the days ahead of us and shared our goals, worries, and excitements to better unite as a group. The whole cabin then learned the proper way to brush teeth in the wilderness practicing Leave No Trace principals and headed off to our tents for bed.

Day 2: Aug 6

The second day of trip looked to be our best for weather to climb Mt. Washington, so we woke up extra early, had breakfast of bagels with topping and blueberries, prepared our day packs, and headed to Tuckerman's Ravine Trail to hike Mt. Washington. The hike was long and steep, and even with water and GORP breaks and beautiful views as we climbed, we felt our muscles tire as we trudged

along. After an impressive 4 hours and 45 minutes, the Cherokee cabin was victorious and reached the summit of Mt. Washington. We took off our packs, enjoyed a lunch of turkey, cheese, and hummus pitas, and took in the views of the Presidential Range and surrounding peaks as we savored our victory.

We then headed down, this time on the Lion's Head Trail. The trail was challengingly steep at parts, but provided different and interesting views, and ended up being some girls' high of the trip and some girls' low. With a time of 9 hours and 20 minutes, we completed our hike of Mt. Washington and rewarded ourselves with fresh water and GORP at the bottom. We then devoured a delicious dinner of chicken stir fry with rice and veggies, and had a classic dessert of s'mores around the campfire, before returning to our tents and instantly falling asleep.

Day 3: Aug 7

After the strenuous hike yesterday, we slept in late and treated ourselves to S&M and banana blueberry pancakes while reflecting on the hike. We had a lot to look forward to today. We visited the infamous Emerald Pools, a gorgeous swimming hole with cold, clear, emerald green water hidden off a trail in the White Mountains. The girls spent all afternoon swimming, jumping into the frigid water off a rocky ledge, and reading, writing, and making friendship bracelets on the rocks.

After hours of relaxation and free time, we headed back to the campsite where we made wood-fired personal pizzas over the campfire. We all agreed that it was some of the best pizza we had ever had and the crust was toasted to perfection! We then dug into our

camper care package candy and Oreos for dessert and headed to bed.

Day 4: Aug 8

With a rest day after hiking Mt. Washington, we decided to go for a good hike today to see more of the National Forest. We ate English muffins with jelly, sun butter, honey, and butter for breakfast and loaded our day packs for our hike up the Imp Trail to a viewpoint. The hike was harder and steeper than some of the girls anticipated, but it felt good to stretch our legs again and be back on trail.

After about two hours, we reached the viewpoint on a rocky ledge where we had great views of the Presidential Range, though the peaks were hiding in the clouds. We ate lunch of sun butter and jelly pitas, apples, and granola bars, and enjoyed resting on the sunny rocks. On the hike down we stopped along a creek at a small waterfall and enjoyed dessert and being surrounded by nature on the empty trail. We visited the ranger station on the drive back to check weather for the next day and look around at the small museum.

Then we returned to the campsite where the girls prepared acts for a cabin talent show and we prepared an Alfredo pasta dinner. The girls then enjoyed their favorite trip dessert of S&M Scrambled Brownies while the cabin mates performed their talent show. We ended the night with circle time reviewing the trip, their ups and downs, and what they learned from their time away from camp. Everyone seemed proud and happy, and went to bed, sad to leave nature but excited to see friends back at Wavus the next day.

Day 5: Aug 9

We awoke to thunder and rain hitting our tent. After waiting a while for the



rain to subside, we enjoyed oatmeal for breakfast and packed up the campsite. With a gap in the showers, we made a short trip to the scenic Ellis Falls, before heading back to camp. It was very rainy on the short walk to the waterfall, but it did not matter because the powerful falls sprayed us as we moved close anyway.

Though we were soaking as we piled back into the van, everyone seemed to agree that they were glad they were able to see one more beautiful aspect of the White Mountains. After a quick lunch and finishing off care package candy under a sheltered picnic table, we headed back to Wavus, with, of course, a stop at J-Scoop Ice Cream on our way! It was truly a great trip!

Narragansett

HBC: Mackenzie Peters

JC: Cullen LaPointe

JC: Madison Smith

August 3-4: Hog Island

After yet another Wavus breakfast, we headed onward to Hog Island for our primer! Upon arriving at Hog Island we were greeted yet again by Captain Bill and his first mate who generously brought our bags over to Hog Island for us! We gathered up the funyaks and waited for the arrival of Hog Island Ryan to give us a kayak clinic so we could paddle over to Hog. Once at Hog Island we set up our tents in tent city and enjoyed a fabulous lunch prepared by our fabulous counselors!

After lunch Audubon Aaron took us for a paddle to some awesome surrounding islands by Hog, where we got to swim and catch mussels for the touch tank. We had some down time because the weather had gotten a little stormy, so we browsed through the

Hog Island museum and then started preparing dinner! After dinner we had s'mores and a fire. We ended just in time so we could watch the awesome sunset.

Once it got dark Audubon Aaron took us for a night hike to explore the sounds and sense of Hog Island. The next day we had S+M pancakes for breakfast. After breakfast we went on a nature hike around Hog Island where we got to taste some things growing on Hog and learn about the really cool history. We ended our hike with some lunch back at Hog and dock jumping before we headed back to Wavus. On our way back to Wavus we stopped for ice cream from J-Scoop.

Snowgoose

We left for the Snowgoose after a delicious Wavus breakfast. After arriving Kieve landing we met Captain Bill and his first mate Meg, and, of course, Blizzard. We started off the trip checking lobster traps, and then made our way to Eastern Egg Rock Island to visit some puffins. It was a great day to puffin watch; there were so many. The excitement was not over yet; once we corralled some lobsters and saw the puffins, the real fun started. Around lunch time we had some peanut butter and jelly sandwiches and then spent the rest of the day swimming in the ocean and jumping off the Snowgoose.

August 10-14: White Mountains Day 1

We arrived at Dolly Copp around two o'clock. We checked in and bought some firewood. Once we found our site, we had some lunch, set up our very own tent city, grabbed our kit and hopped in the van to travel a bit down Route 16 to Imp Trail. We didn't make



it to the top before our turnaround time, so we turned around and hiked back down. After a long day of being nomads, we cooked up some chicken fajitas that were a favorite for many. We are so excited to start hiking Mount Washington tomorrow. It looks like we are going to have great weather.

Day 2

We got a very early start today. We woke up around 4:30 a.m. so we could start hiking Mount Washington by five-thirty. Once we arrived at the trail head, we took a bathroom break and started our way up the mountain. We were making surprisingly good time. We could see the mountain getting bigger and bigger as we approached the tree line and the sun came up. It was truly magnificent. It only took us about two hours to reach the Hermit shelters which marked half way up the mountain.

Although we made good time to the shelters, we knew that our hike wasn't going to be over as fast as it was to get to that point. We knew that we had to stick together and encourage one another up the steeper parts of the mountain. As we hiked on, the terrain got visibly different, the trees were getting shorter and the rocks were getting larger. We knew we were getting closer as the rock cairns were getting closer together to the point where we could finally see the summit of Mount Washington. Throughout the day we changed up the order of the line we hiked in so everyone got a turn to be in the front and the back. Once we got to the summit, we took a triumphant picture with the Mount Washington sign and headed inside to get warm. After lunch we headed on down the mountain. We passed the time with songs, stories and games.

Day 3

Today we had a later start, rising at 8 to EnglishMuffin breakfast sandwiches. We had a relaxing morning leading into a relaxing day. We piled into the van with full day packs and started our day with a short hike to Glen Ellis Falls. The falls had a beautiful 64-foot waterfall and viewing points from three different spots. We then headed out to find a swimming hole and ended up at a riverside beach with a great rock to jump off of. After snacks and lunch we spent hours jumping, floating and swimming in the river. The girls came up with a clever river game with many different goals to achieve.

After spending a great day at the river and Glen Ellis Falls, we packed up and headed back to camp and made an incredible dinner of wood-fired pizzas and scrambled brownies with pretzels. This was followed by some down time where the girls played and taught each other card games and tricks. We then went to bed after a fun-filled day.

Day 4

Another go to finish Imp Trail but got interrupted by a hardcore thunder and lightning storm. After completing lighting protocol, we were forced to return to camp. After setting up rain shelters to keep dry, we prepared food for lunch, pep and cheese pitas with many snacks to accompany them. We waited out the storm by playing many card games, frisbee and banana grams.

Once the rain let up, we did about a three-hour hike up Daniel Webster Trail that was located right in the Dolly Copp area. This trail led to Mount Madison. Although we didn't summit Mount Madison, we still got a kick out of hiking up a mountain that was the name of our counselor. We then arrived

back at camp for a delicious pasta dinner and scrambled brownies.

Day 5

After waking the girls up bright and early, we cleaned up our camp site before breakfast. The last day of our trip started with a light breakfast of cereal. After the campsite was thoroughly cleaned, we headed in the van to Emerald Pools, a swimming hole about an hour away. Once at our destination, the cabin hiked a mile in to the woods in order to find Emerald Pools. The site was beautiful. We made it back to camp after our stop at a very yummy pizzeria.

Omaha

HBC: Molly Cyr

JC: Taylor Keefe

JC: Alice Lazare

August 1-3: Bigelow Mountains

Day 1

We woke up early today at camp and packed our final supply for our three-day Bigelow trip. After enjoying our Wavus breakfast, we departed from campus and started our journey. After our 3-4 hour drive, we arrived at Round Barn campsite. We set up tents and unpacked our gear.

Before our small hike, we had sunbutter and jelly sandwiches to fuel us for the way. We hiked Carry Pond trail which is part of the Appalachian Trail. Although we didn't get to the peak of any mountains, the girls really enjoyed the less strenuous hike to get them ready. Also, it was exciting to be on the trail that leads up the east coast of the US. We hiked for about one and half hours before calling it a day and turning around.

Once we got back to camp, the girls explored the campsite. There was a

personal beach that everyone enjoyed to swim at and many explorations. There was an old train that was part of our campsite and the girls adventured around and made up stories as to how it got there. For dinner we made a camp fire and had potatoes that smoldered in the fire. We topped them cheese and chicken, and had carrots as a side. Everyone loved cooking dinner using only the fire! We sat around the fire and told stories as we toasted s'mores for dessert.

Day 2

We started today with a breakfast of bagels with cream cheese and sunbutter to get us ready for our first big hike of the trip and our only full day in the Bigelow Mountains. Our hike today was Little Bigelow, which is located on the Appalachian Trail. Omaha got to experience part of the journey from Georgia to Maine!

Although it was raining steadily on our hike, Omaha managed to have a blast as usual! We sang and chatted our way up Little Bigelow. We got to the top just in time for the clouds to part. We all enjoyed some snacks at the top and got a wonderful view of Avery Peak, the mountain just to the north of us on the AT. Our hike down was fun - the girls of Omaha took on the slippery rocks with skill!

After we got back to the campsite for lunch, we headed into our tents for a few hours before a delicious dinner of S&M pancakes and bacon! Everyone loved having breakfast for dinner. We all headed to our tents for a restful sleep to prepare us for the last day of our primer.

Day 3

Today we had an early start and woke the girls up at 6:00 am! We had to take down our campsite, pack tents and

all our gear and have breakfast. We had yogurt with granola and blueberries. After breakfast we journeyed to Small Falls in Rangeley, Maine.

Before arriving at our lunch and swim spot at Small Falls, we hiked a small mountain, Bald Mountain, which was 1.3 miles to the top with a beautiful view. The girls loved the fact that everyone made it to the top in a timely manner to explore and see the view.

Once we came down from the mountain, we drove to Small Falls where we had sunbutter and jelly sandwiches by the natural waterfall. It was an amazing view and a very nice swim. The water was cold but Omaha still jumped in and enjoyed every bit of it.

Once we were done swimming, it was time to head back to Wav. We had a 2.5 hour car ride followed by dinner at Wavus and Jefferson Scoop ice-cream. Everyone loved the trip and we all learned new things about nature and ourselves!

August 9-14: St. Croix River

Day 1

On the first day Omaha got an early start and left Wavus around six in the morning. After a long drive, we reached Castle Road and put in for our first day of paddling on Spednic Lake! The weather was rough and we encountered rain and a strong headwind that made it a difficult journey to Birch Island; however, the girls rallied and paddled strongly. Reaching the campsite, we quickly set up camp, had lunch and then explored the island in the rain for the afternoon. Following our hard day's work, we had our first trip dinner of cheeseburgers/veggie burgers, a delicious meal to finish out a tough day on the lake.

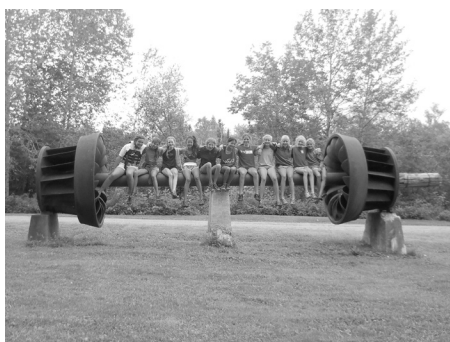
Day 2

Our first full day of paddling began at six when we left Birch Island and headed toward the middle of Spednic Lake. It was a beautiful day for canoeing and we saw the sun rising in a golden arch over the sky. Thankful to have a dry start, everyone was in a good mood which was enhanced by a bald eagle sighting early on in our paddle.

This turned out to be our longest day of paddling because, while on the lake, we passed the campsite called The Narrows and made it to the town of Vanceboro before lunch. The girls were strong, excited and ready to rock and roll so we continued on through the Vanceboro portage. We had several nice local people help us bring our canoes to the put-in on the river below the dam. At the dam, the water was running at 2500 cubic feet per second which was much higher than usual; in fact, there was so much water, there were many additional series of rapids and the intensity of our paddle increased. The girls had paddled a long distance already, but we reached our camping site of Wingdam Island midafternoon. Due to the high waters, the area was flooded and our picnic table and fire pit were partially submerged in river water. Despite this, it was a nice place to camp after a very long day's paddle.

Day 3

The girls were tired but excited to continue with the trip following our extended Day 2. After getting a taste of the rapids, they were ready to keep going down the St. Croix and face the challenges ahead. This was a day heavy with rapids, and with the extra water due to the recent rain, the river was flowing quickly. We encountered many rips, the sun was shining and the girls



did a great job navigating the different obstacles presented by the river. The counselors ran the canoes down the set of rapids at Little Falls and enjoyed the thrill of canoeing down Class 3 rapids. After our marathon of paddling on the second and third days, we had worked hard enough to earn ourselves a full rest day at Loon Bay.

Day 4

Our rest day at the Loon Bay campsite was beneficial to all and we passed time by swimming, practicing T-rescues in our canoes and playing cards and reading. It was a much-needed break after dealing with high water and rapids, and everyone was able to reenergize for the last section of the trip. This night we had a delicious meal over the fire which consisted of potatoes with cheese, salsa, chicken, tomatoes and peppers and a dessert of roasted apples with maple syrup or chocolate chips.

Day 5

On the fifth day we travelled to Egg Point campsite. Compared to Day 2 and Day 3, this was a less difficult paddle and the girls enjoyed the views of the marshes, forests and streams that we passed. The sun was shining and for a majority of our paddle we were alongside the "Clark Nature Preserve" on the Canadian side. We spotted our tenth bald eagle of the trip and we reached Egg Point in good time and had a hearty lunch.

In the late afternoon after many rounds of cards, we went swimming and played in the river which provided fun and fast moving natural water slides for us to swim through. The girls enjoyed every second of this, and after our swim we built a fire in order to warm up and dry off. Their enthusiasm for swimming carried through the rest

of the day and after a pasta dinner, skits and fire time, we went for a night swim before bed!

Day 6

For our last day of paddling, we had a short journey from Egg Point to Kelly Landing. We saw our eleventh and final bald eagle of the trip. The girls used their newly-learned portaging skills and helped organize the canoes on the trailer when we were picked up to return to Wavus. We returned safely and the girls were excited to see their friends and counselors and regale them with stories of our trip. After dinner we had a fun final trip to J-Scoop, our favorite local ice cream spot!

Ojibway

HBC: Becks Slack

JC: Taylor Bergeron

JC: Ryn Tierney

July 28-30: Bigelow Mountains

Day 1

We had jelly and sunbutter sandwiches for lunch, after driving for what seemed like forever! But the view was AMAZING from our campsite! Later, we learned how to use the water pump and how to set up the new tents. Afterwards we all sat down to a nice dinner of pasta and veggies with red sauce which we cooked on an open campfire. Around this time we were paid a visit by Henry Kennedy. He was kind enough to bring us dessert which we split up among everyone in the cabin. Once he left, the girls jumped in the lake for a quick rinse-off. After that we put out the fire and called it an early night in order to be ready for the hike the next day.

Day 2

This was the big day! We got an early start around 5:30 am. The girls

enjoyed a quick breakfast of oatmeal before we packed up our day bags and headed out for the day. We got in the van and drove to Sugarloaf to hike Burnt Mountain. The weather wasn't great but this didn't affect the girls. They were still very encouraging and positive throughout the day. Once at the top of the mountain the girls had lunch (turkey sandwiches) before descending through the cloudy surroundings. Once down we paid a quick visit to Henry's condo for another round of treats before we headed back to the campsite.

After returning, we quickly filled up water bottles and jumped in the lake to rinse off. Only minutes after getting out the weather decided to take a turn. It was thundering in no time. We quickly wrapped up dinner, which was chicken burgers, and got into our tents.

Day 3

We got a later start to our day than the previous day. After a breakfast of bagels, the girls packed up our temporary home. For the last time we all piled into the van and set out for one more adventure. It was a quick five-minute drive to Maine Huts and Trails trailhead. After a quick bathroom break we headed out on our two-mile hike around the lake which consisted of wonderful views! When we reached the halfway point, we had lunch of ham/hummus/pepperoni and cheese sandwiches. When we had finished, we took another short bathroom break and head back to the Wav.

August 7-12: St. Croix River

Day 1

For the first day on trip we had beautiful weather. It was around 76°, partly cloudy with winds at about 5 mph. It was a great way to start our trip

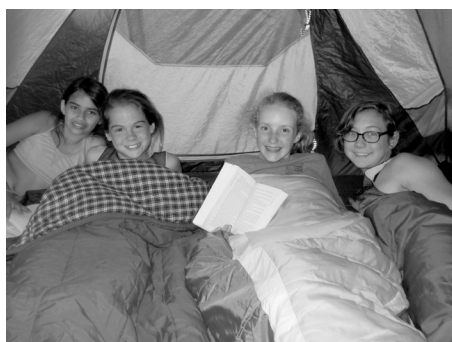
on the St. Croix. The girls all worked hard together as a team on the lake and at first struggled staying together as a group due to the wide range of strengths and weaknesses as a cabin. At the end of the day, after paddling from Castle Road all the way to Cedar Point, the girls had successfully accomplished their first hard day of lake paddling. For dinner that night the girls felt rewarded when we served them Pita Pizza with veggies and pepperoni. After dinner was nice and relaxing as we all sat and told stories around the fire and watched the sunset.

Day 2

We woke up at a brisk 5 am and had cereal and granola for breakfast. After the girls had eaten and got everything ready and packed in the canoes, we were off and heading for our next campsite. The weather wasn't as kind to us today as it was yesterday. We paddled all the way from Cedar Point to Todd's Island before 10 am. We had thundershowers and rain for most of the afternoon. Luckily we were able to make it to our campsite before any heavy rain or thunder hit. We quickly set up camp and the girls were able to chill and read before lunch. We had ham and cheese sandwiches with tomatoes and honey. We also had a bar later for a snack. For dinner we had pesto pasta and leftover breakfast. For dessert we had cookies and relaxed by the fire till it was time to go to bed.

Day 3

On day three we woke up to a chilly morning with some drizzle. We quickly ate oatmeal and started for our next destination. There was a thick fog that covered the lake, but we managed to make our way through it and to the dam. We went in on the Canadian side and the gentlemen who helped us



portage our canoes to the put-in point were very nice. It started to downpour and lightning so the border patrol offered us the use of their facilities to stay dry, eat a snack, and offered us hot chocolate.

Once the worst of the storm passed, we put in at the start of the river and stopped an hour down to have sun butter and jelly sandwiches. We later finally made it to Little Falls and set up camp. For dinner that night we had stir-fry with steak. Even though it was a long, wet, and miserable day the girls still all had high spirits and were looking forward to the next day.

Day 4

After a nice breakfast of bagels and cream cheese, the girls were pumped and ready to have their first full day of river paddling. Once we got to the first set of rapids and made it through, the girls were ready for more. Although one of the girls' canoes flipped, they still were happy about the day. The sun had also made its way out which brought the spirit of the girls up to a whole new level. We finally made it to Loon Bay in record time. We were able to take out all of our wet gear and lay it out to dry and soak up the sun. For lunch we had SB&J's and for dinner we had burritos with some leftover candy for dessert. This was a day that the girls definitely needed, to especially after flipping and having a day's worth of rain pour on them.

Day 5

What better to start of the second to last day of a trip than with S&M pancakes?! The girls of Ojibway were overjoyed to have the monstrous pancakes that we had prepared for them that morning. This made it a great way to start off our day.

When we reached Canoes Ledges

there was a tree fallen down where the portage sign was and this caused an issue. One of our canoes (holding a counselor and a camper) went down the middle of the rapids. Luckily they were able to make it across safely and wait for the others to portage around the rapids and meet up with the others safely. It wasn't much later when we arrived at Kendrick Rips for our last night on trip.

For lunch we ate all the leftover lunch food and the girls devoured all they could stomach. We started a fire and played games, some read books and took naps in the meantime as well. Later that night for dinner we had Dank and the girls were very excited about that.

Day 6

On the last day of our trip our girls were not thrilled to get out and get moving. They did not want this trip to end by any means. We woke up at about 6:30 am and had a relaxed morning, trying to savor the last hours on trip. That morning we had cereal and granola with Cow Pow. When we finally set out for our last day, the girls tried to take their time with their paddling. We got to the pickup point in record time. This gave us the opportunity to relax with each other, play games, read more and just truly enjoy and reflect on our trip. G.I. Joe arrived a few hours later and picked us up to bring us back to Wavus.

On the way back we stopped and had Pizza Hut. When we got back to Wavus our girls dove right into putting the gear and equipment away. For a treat we all went to J-Scoop and took the girls bridge jumping for a surprise. They all enjoyed every moment of their last day and every day before that of their trip.

Osage

HBC: Katie Paige

JC: Kathleen Lehmann

JC: Luisa Hammond

July 25-27: Bigelow Mountains

Day 1

After breakfast at Wavus, we loaded up the van and headed up north to the Bigelow Mountains. When we arrived, we ate lunch, learned how to set up the tents, and settled into our new campsite. Then, we went on a walk to explore the site, and walked along the shoreline. Along the way, we gathered some firewood and supplies and built a beautiful campfire. We enjoyed some avocado burgers over the fire, and then some s'mores! After several rounds of mafia, we went to sleep.

Day 2

We woke up early, had some oatmeal, and then left for our hike on Burnt Hill Mountain. We arrived at the trailhead around 9 and expected it to be a long hike, but ended up making it to the summit around 11! At the top we had some sunbutter and jelly sandwiches.

As we headed down the trail, it began to rain. When we got back to the campsite, we read, slept, made friendship bracelets, and played games. By dinner time, the rain had stopped, and so we ate macaroni and cheese in crazy creeks and played more mafia. Then, we went to bed early in preparation for a busy next day!

Day 3

This was an amazing day. We woke up and packed up our campsite, had a quick breakfast of bagels and berries, then set off for Bald Mountain in Rangeley, Maine. The hike was a quick hour to the top, but we were rewarded with a tower which had amazing views. After a snack of bars and oreos, we

headed back to the van. From here, we headed back to Wavus via Smalls Falls, a rest stop with a waterfall and swimming! We jumped off the rocks and enjoyed the cold, refreshing water. Then, we set off to J-Scoop for some well-deserved ice cream.

August 2-7 St. Croix River

Day 1

Launch from Castle Road

Headwind, rain not stopping soon

Lunch tents pizza tents

After being dropped off in the pouring rain, we loaded our canoes and slowly made our way to Birch Island. The strong headwinds pushed us back, and the rain was cold, but we eventually reached the campsite. We set up tents quickly, and made turkey and cheese sandwiches under the protection of our tarp. After lunch, we spent most of the afternoon in our tents, napping and reading and playing cards. The sun finally came out before dinner, and we made delicious pizzas as we watched the storm pass.

Day 2

5 am early rise

Glass lake stormy horizon

Camp site just in time

Bald eagle leads way

God opens gates to heaven

Sunshine new camp site

We got an early start today in order to beat the headwinds of the lake which we had to fight yesterday. We had bars for breakfast, and stopped for a quick gorp break. However, the skies were looking ominous, so we paddled as hard as we could in order to get to our next campsite, the Narrows. As soon as we arrived and finished setting up camp, it began to rain! It was a quick passing shower. In the afternoon, we read Hunger Games out loud, went



swimming, and then settled down for some avocado bacon cheeseburgers!

Day 3

Bagels and cream cheese

Last of lake paddling

Meet new friend Dennis

Dennis moves our gear

Abby tells us about Croix

We head down the river

Arrive at Little Falls

Lem and KP paddle six

Lightning position

Sadly no dessert

Of delish s'mores over fire

Instead, Milky Ways!

Another early start, as we knew today would be a long day. We finished up our lake paddling, and arrived at the dam in Vanceboro. Here, we had to take all our canoes out of the water and we were planning on portaging them quite a distance when a man from the St. Croix waterway commission, Dennis, showed up and offered to move our stuff in his truck! We were so happy. Once everything had been moved, we talked with his co-worker, Abby, about the St. Croix River. She told us about the history of the river and gave us a few tips for the rest of our trip. Then we headed on our way and made it to Little Falls much faster than we had expected because of the strong river current. When we got to Little Falls, we portaged the gear the short way to our campsite, while counselors took the canoes down the rapids. After all this had been done, we all went swimming! When we were getting dinner together, it started to rain once again. We quickly ate our pesto pasta and then scrambled into the tents for lightning position. We waited out the storm, and were then so happy to sleep!

Day 4

Woke up, rain rain rain

Bacon and hashbrowns and eggs

Pack up in the rain

18 miles rapids

Loon Bay before grilled cheese

Hunger games council tent

Claire birthday party

Quesadilla fiesta

Surprise funfetti

Despite waking up to heavy rains, today was a great day. We were able to run many sets of rapids successfully, and we made it to our campsite just in time for lunch. The strong winds dried out our soggy tents, and we made grilled ham and Swiss sandwiches. After lunch, we took naps, and then everyone piled into the counselor tent for some more book club. For dinner, we had some quesadillas with chicken and avocado. After dinner, everyone played mafia while the counselors surprised Claire with funfetti cookies for her birthday!

Day 5

Awake to blue skies

Sunshine keeps us warm all day

Last full day of trip

Today was the perfect day. We slept in, did our first real portage together successfully, and ran the last sets of rapids. It was sunny and not a cloud in the sky, a welcome sight after several days of on-and-off rain. We rafted up and just floated downstream for a while, enjoying the sun, but then got caught in some dead water and had to paddle again. We were surprised by getting to our campsite much earlier than we had anticipated, and were so happy to set up camp and eat sandwiches without the rain! We read several chapters of Hunger Games while we finished off our gorp, then

with ominous skies, made macaroni and cheese over the fire, followed by s'mores. When we had finished dinner, the clouds had passed, so many of us decided to go for a swim! We had just gotten out of the water after floating down some rapids when we saw a huge turtle swim right by Lindsay! We all ran out of the water and kept an eye out for our new friend. Once we had dried off, we sat in a circle and talked about our trip, then read one last chapter of Hunger Games before the mosquitoes drove us in to our tents!

Day 6

S and m pancakes

Nice last paddle to end trip

Kate picks us up yay

We enjoyed a later morning today and we made some pancakes! We packed up camp one last time and loaded up the canoes. We made our way to the Grand Falls dam where we got organized and waited for Kate! We ate lunch and read aloud, and were so excited when she finally drove up! We loaded the trailer and headed back to WAV! It was an amazing trip.



Shawnee

HBC: Bee Crudington

JC: Alina Drufovka

JC: Mary Yost

July 28-29: Damariscotta Lake

Day 1

Our primer trip was to Cool Island on Lake Damariscotta. We woke up a little early on Sunday in order to finish packing and clean our cabin. We luckily didn't miss wild doughnuts at breakfast. After fueling up with a hearty breakfast, the girls of Shawnee loaded the canoes and began our day's paddle to Cool Island. We sang songs while we paddled the 4½ miles to our campsite. After pulling the canoes to land and setting up tents, we enjoyed a lunch of pita, turkey, cheese and spinach. We had rest hour when all the girls set up their tents and read their books to unwind after the long paddle. After we explored the island and had a yummy dinner of burgers and s'mores. We played a couple of games and then did Rose, Bud, Thorn—a game to focus on our highlights and things that we are looking forward to—to close out our day.

Day 2

The next morning we enjoyed pancakes with blueberries, chocolate chips and bananas. We canoed to Kieve and spent the morning climbing and then paddled back to Wavus. Since we made such good time we paddled to J-Scoop before finishing our trip. We felt very accomplished after an incredible day on the lake and a long paddle.

August 2-7: Baxter State Park

Day 1

After enjoying a yummy Wav breakfast, we headed towards Baxter State Park. The weather was less than

perfect but managed to clear up for our lunch break and was not too bad when we reached our campsite. The sun finally came out during our delicious dinner of quinoa and chicken sautéed with spinach and fresh organic swiss chard from the Wavus garden—the sun was a good omen for how the rest of our trip went. We finished the day with a circle time that focused on talking about our goals for the trip.

Day 2

After a filling breakfast of oatmeal and dried fruit, we set off for South Branch Pond Trail. While it was a challenging hike for our first full day, it offered amazing views that made it worth our while. We took lots of pictures and then headed down the trail. The sun was out so we decided to pass the rest of the day at the lake at the bottom of the mountain. After swimming and hanging out on the sandy shore, we headed back to camp to rest up and make dinner. We ate a yummy dinner of cheesy pasta with chicken and veggies and got a good night rest after our 5.2-mile hike.

Day 3

We got an earlier start to our day and packed up camp in order to have enough time to hike and move campsites. The hash browns gave everyone enough energy to get moving and we enjoyed our short hike up Burnt Mountain. The peak of Burnt Mountain offered us our first views of Katahdin and this made everyone get pumped to climb it. After resting at the top, we headed back down and continued on our way to Foster Field—our next campsite. Upon reaching our campsite, the girls quickly set up tents so they could enjoy pita pizzas for lunch. The infamous Ledges were next on our agenda. The girls spent the afternoon

swimming and going down the natural waterslides. We had an early night after fajitas and ended our day with a chalk talk about Katahdin.

Day 4

We woke up early so as to be able to hike Katahdin. After a quick breakfast of bagels, we drove to the mountain and began hiking. The girls were in really good spirits and we were making really good time; however, after almost completing three out of the five miles, the weather became increasingly bad. We had to make the decision to turn around. Many of the girls were upset about not finishing our big hike because reaching the summit of Katahdin was their goal for the trip and even the season. It was a good lesson for the girls about how on trip things don't always go according to plan and sometimes you have to make decisions that are unpopular. We went back to the campsite and after talking to the ranger, we decided to attempt Katahdin the next day.

Day 5

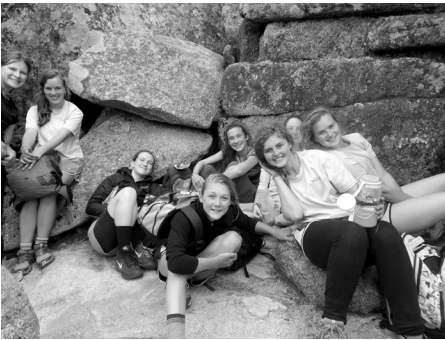
We woke up a little later and headed out to Katahdin for the second day in a row. Despite the fact that it was the second day of hiking a hard trail, the girls of Shawnee had such a positive attitude and encouraged each other the entire way up the mountain. We hiked at a good pace and reached the summit as a group. The views from the summit were incredible and it was so rewarding after a challenging hike. The girls felt even more accomplished after trying to summit the day before and having to turn around. We got a lot of compliments from other hikers at the peak and each girl was so proud of herself. At the bottom of the mountain we got to see a Maine Trails cabin that had just finished the 100-



mile wilderness and were planning on hiking Katahdin the next day. It was awesome for the girls to see the oldest cabin and have something to look forward to for summers to come. We returned to camp and after a dinner of risotto, we had a very early night.

Day 6

We slept in a little as a reward for all our hard work on trip. After enjoying some S&M pancakes for breakfast, we headed back to Wavus and stopped at J-scoop on the way. The trip was an incredible experience for all the girls and before we went to bed we shared with each other what we were taking away from the trip and what we learned.



Abenaki

HBC: Poppy Doolan

JC: Charlie Karp

JC: Molly Billings

August 1-2: Damariscotta Lake

Day 1

After a big breakfast of french toast, sausage, and fruit at camp, Abenaki was ready to take on Damariscotta Lake! It was a beautiful sunny day; we were on the lake by 9:30 and everyone was in high spirits. We paddled from Wavus to Cool Island. By the time we arrived, it was lunchtime! The girls set up the tents while we made sunbutter and jelly sandwiches, an Abenaki favorite. We were all exhausted so we had a rest hour at the campsite. Some girls caught up on sleep or made friendship bracelets, while others played quiet games and read their books.

Then, it was time to get back on the lake for a canoe clinic! We taught the girls all there is to know about canoe strokes, and we even demonstrated a T-rescue; Ellie and Carter were the brave volunteers whose canoe flipped over! It was a very relaxing afternoon in the peace (except for the occasional roar from Kieve) and in the sun.

With boundless time and terrific weather, we decided it would be perfect night to cook our dinner over the fire! We found the water boiled much faster than it normally would have on the Coleman grill, and the pasta and chicken were delicious! The multitude of sticks the girls brought in kept the fire going for dessert, too; we made s'mores and told funny stories! We put the tarp up and slept well, in anticipation of rain.

Day 2

The alarm went off at 7:00 and we were up and at it, taking our tents down

and organizing our belongings in order to escape the torrential downpour to the Kieve indoor rock wall across the channel. After some hot oatmeal and fresh blueberries, we made the quick paddle and got our harnesses and helmets on at the Kieve rock wall. The girls were all amazing climbers and were so supportive of each other; Ellie and Anna even made it up one of the walls in less than 30 seconds! The rain stopped for the paddle back and with the wind pushing us in the right direction we made it back in time for lunch, PIZZA FRIDAY! Overall, a fantastic trip to Cool Island!

August 8-13: Baxter State Park

Day 1

5 hours after our departure from the Wav, we arrived at our beautiful campsite (despite the misty weather) at Bear Brook in Baxter State Park. After setting up tents and checking in with our new ranger friend April, it was time for dinner! We had stopped at the grocery store and bought brie cheese for delicious burgers with brie and tomato, “glamping” (glam camping) at its finest! Of course for dessert we had to start our trip by making a big fire and roasting s’mores. We sang camp songs and told funny stories around the fire until it was time for bed.

Day 2

Ranger April had warned us that today would be rainy with thunderstorms, and, boy, was she right! We woke up to a torrential downpour, and sprinted to the shelter in our rain suits. The morning was spent playing trivia, quite difficult between Molly’s plethora of very random facts and Charlie’s US history knowledge. After the rain stopped, we drove to the other side of the park to do a short hike to Little Abol

Falls. It was a quick hike but the falls at the end were beautiful! Of course, we took a lot of photos to get our camper connection photo count up, and we were off to check the ranger station for a weather forecast and to prepare us for Katahdin. After discussing matters with the ranger, we decided to postpone our sunrise Katahdin hike for a clearer night, and he recommended we do a short nature hike to look for moose in a nearby pond.

After looking and being patient for about 20 minutes, a mommy moose emerged from the woods into the pond and came extremely close to us! Many of the Abenaki ladies had never seen a moose before, and I don’t think any of us had seen a moose that close! After the exciting afternoon, we returned to Bear Brook just as it began to downpour for some hot tomato soup and grilled cheese. Dessert was delicious - scrambled brownies. Soon everyone was eager to get in her cozy sleeping bags and going to sleep early to the patter of the rain.

Day 3

Today was a big day! Not only did the sun finally come up, but we all were anxious to wake up at midnight to take Katahdin by storm. In anticipation of the big hike, we woke up early, had oatmeal for breakfast, and set off to hike Mt. Sentinel. Unfortunately, the rain made the numerous roots and rocks extremely difficult to navigate.

In hopes of achieving our goal of making it up Katahdin by sunrise, we turned around after 3 hours. Our mac n’ cheese carbo-load dinner was at 5:30, bedtime was at 6:30. Although our rambunctious neighbors made it a little difficult to sleep, everyone was ready to go and actually quite chipper when the alarm went off at 12:15 am!



Day 4

Our fourth day of trip began early, 12:15 am to be exact. As the alarms went off, the girls (except Woody who somehow remained asleep until we did a headcount during breakfast) jumped out of their tents to go and quickly ate pre-made bagels and cream cheese. By 12:55 we were at the trail head for the Chimney Pond-Saddle Trail up Katahdin. With 5.5 miles to go, Abenaki set off on our journey to be the first in the United States to see the sunrise.

It was pitch-black but the Abenaki girls were super courageous and hiked with only their headlamps. It was a very clear night and we had great views all the way up. We were about a quarter mile from the summit when the sun rose, so we stopped to take in the views. We finally got to the summit and enjoyed delicious Milky Way bars while shielding ourselves from the ferocious wind. After taking countless photos at the summit, it was time for our descent.

The climb back down was difficult at first but we found that with our teamwork, we could make it through. When we finally made it back to the ranger station, the counselors checked their watches and found we had made it there and back in just less than ten hours. We made it back just in time for sunbutter and jelly and honey lunches on pita bread sandwiches. We relaxed around the campsite taking naps and spending lots of time playing games of mafia and psychiatrist and spending lots of time just over all hanging out. We then had a yummy, filling dinner of burritos.

By Betsy Dietz

Day 5

We woke up on the early side to start our day. When we were all ready and prepared for the hike, we had a

delicious breakfast of granola bars. After everyone was all set and filled up, we loaded the van and headed for the trail. The drive was about forty-five minutes of pure fun-music, games, and lots of talking and resting. We came to the trail and got ready to hike.

We took the two-mile hike of Daicey Pond. It was a nice, refreshing and relatively short hike. We eventually got out of the trail and decided to go to the natural water slides to relax and have fun. The slides were a lot of fun with everybody going down together and Daisy and Carter experimented new slides for us to try out. It was really great to see everybody laughing and enjoying each other's company.

We finally got out of the water and ate a delicious lunch of pita pizzas. We all scarfed down and agreed it was time to leave so we all loaded the van and left. It took one hour to get back to the campground. At the campground, we all hung out and had one big rest hour. We had a delicious dinner of pesto pasta and chicken. We had a great time laughing and eating with each other around the campfire. We ended the day with s'mores, and then headed off to bed.

By Anna Wood

Day 6

We woke up bright and early ready to say goodbye to the campsite. We started packing up our bags, tents and other group gear. Then we all settled down for a yummy breakfast of hash browns. We piled into the car and set off back to camp. After five and one-half hours of dancing, laughing, friendship bracelet making and enjoying each other's company in the van, we reached J-Scoop. We all enjoyed delicious ice cream before heading back to Wavus to make our grand entrance.

By Betsy Dietz

Penobscot I

HBC: Hannah Lovejoy

JC: Dylan Alles

July 27-28: Camden Hills

Day 1

For our primer, Penobscot Uno travelled to Camden Hills, or Bora Bora, as we referred to it. We got to our campsite around 11:00, and learned how to set up the new tents that we will be using on our longer trip. It was a beautiful, sunny day and we couldn't wait to start hiking.

We packed up our daypacks with lunch supplies and our full water bottles, and then walked across the road to the start of the trail. We had decided to hike up Mount Battie. It was about an hour to the top and we passed the time catching up with each other. When we got to the top, we were blown away by the view of Penobscot Bay. It was picture perfect with the sail boats in the water and the sun shining on us.

We ate our lunch, hummus and pita, and then went to the tower to explore it. There were spiral staircases up to the top which reminded us of a castle. After a relaxing time at the top, we headed back down to our campsite, where we read, played cards and talked.

For dinner, we made hamburgers with cabin favorites of pepper jack cheese and avocados. Some of the girls worked on building a fire while others volunteered for dish duty. After a couple of attempts, we got the fire roaring and all brought our crazy creeks around to talk and play games. We spent awhile figuring out the solution to Big Blue Moon, a game we will remember for a long time. When the coals were perfect, we had s'mores. After the fire burned out, we went to

bed, tired, happy and full.

Day 2

We woke up in the morning to the sound of squawking birds. After getting up, brushing out teeth and packing up our personal belongings, we made S & M pancakes for breakfast. We even added strawberries and blueberries to the pancakes which added to our gourmet menu. When we finished up, washed our dishes and loaded the trailer up, we walked down to the shore. It was low tide, so we could walk down on the rocks. It was pretty foggy out, so we couldn't see too far out, but that made us appreciate some of the smaller things like the different lines of the ocean, and the animals we saw on the rocks. Some of us even tried humming to try to coax the snails out of their shells.

We then started on our hike up Mount Megunticook. The hike was a little harder than Mount Battie, but we entertained ourselves by talking about books we needed to read for school and our upcoming trip. Although it was misting when we got to the top and therefore we couldn't enjoy the view, we still had lunch of sunbutter and jelly. On our way down, it began to rain, but our spirits stayed high. Once at the bottom, we piled back into the van to return to Wavus, with a special stop at J-Scoop for some well-deserved ice cream!

July 31-August 5: Baxter State Park

August 5-10: Penobscot River

Day 1 (Louisa)

We had beautiful weather for the car ride to Baxter State Park! We all listened to our favorite songs and sing alongs in the car, and attempted to read our books. When we got to the campsite, we got out and were

super hungry so our counselors made us yummy turkey, cheese, tomato and spinach sandwiches. After the delicious sandwiches, we got our tents out and all set them up. When we all got settled in, we took an adventure around the campsite to see the bridge that leads to the Penobscot River! After our adventure, we started a fire and cooked hamburgers with avocado and tomatoes. Then, when we finished dinner, we were able to have s'mores and we were all happy campers around the campfire.

Day 2 (Tiki)

We woke up around two o'clock ready to hike Mount Katahdin. We got dressed and ate oatmeal for breakfast under a starry sky. After that we did a sweep of the campsite and got in the van for a two-hour drive to the trailhead. On the way there we saw a bunny and something that looked like a horse, but after another look we realized it was a female moose! After a long van ride we went to the bathroom and started our hike.

We hiked for about thirty minutes on the Chimney Pond trail, and then stopped to refill water bottles by putting Polar Pure in them. Then we were off again. We took a few water breaks on the way up. We came to a rest area, which ended up being the end of Chimney Pond! Next up was Cathedral Trail and the beginning of bouldering. After a few hours, we saw one of Katahdin's false peaks. We kept up our positive attitudes to keep hiking, bouldering and drinking lots of water.

Once we got to the top, we all felt very accomplished. We took a thirty minute break for lunch and GORP. Lunch was sunbutter and jelly. Then we packed everything up and started

down Knife Edge trail. We were all nervous for it because the trail was rocks across the mountain that made it look like a serrated knife. In two hours, however, we successfully finished it!

The next trail was the Helon Taylor trail. Our legs and knees felt like jelly, but we motivated each other to get through it. We only stopped for quick water breaks. When we were at our last descent down the mountain, we started to hear the creek and we knew we were almost finished. When we got back to the campsite, we all took naps. For dinner, we had pesto pasta and chicken. Then we brushed our teeth, said our goodnights and went straight to sleep after a long, but rewarding day.

Day 3 (Kalea)

We were able to sleep in after a long day the previous day. We woke up to rain hitting against the top of the tents. Then about an hour later we had bagels with cream cheese, blueberries and strawberries. After breakfast we went back to our tents, wrote some letters and talked. Then we got in our rain gear and got into the van to run some errands. After that, we stopped at a playground, where we ate a yummy lunch of hummus, pepperoni, cheese and carrots. Then we got back in the van and headed back to our campground.

We went to the bridge and had a little rest time before dinner. It was nice to sit and relax. After that, we walked back to the campsite and had dinner of fajitas! After some time, we hung out at the fire until it started to thunder. We headed to our tents and went to sleep and that ended our Day 3. We are all excited to see what happens on Day 4!

Day 4 (Ji)

Today we woke up to a sunny

morning and ate Honey Bunches of Oats for breakfast (our favorite)! We packed up our daypacks quickly and jumped into our van. We started our journey to hike Doubletop Mountain while jamming to our favorite tunes in the car. When we got to the trailhead we were all so excited to hike since the day before was cold and rainy.

We hiked away the morning and afternoon, taking our time. The weather was very unpredictable, it started to thunder when we were near the summit so, out of safety, we slowly, but efficiently descended the mountain. Although we were slightly disappointed we didn't reach the top, we realized "the journey is the destination" so we kept our spirits high and hiked with purpose! On our way down the weather started to clear up so we stopped and broke for lunch, which was pita, hummus, carrots, cheese and pepperoni! Afterwards, we strongly hiked to the bottom. Our car ride home was super relaxing because we drank water and listened to music.

When we got back to our campsite we headed to the bridge and sat on the rocks near the bridge, read, ate GORP and played games. We ran into other Wavus and Kieve cabins which was a nice surprise. For dinner we had delicious homemade pizza and sat round altogether playing fun games.

Day 5 (Lashe)

Today we woke up to a brisk, sunny morning. For breakfast, we ate toasted bagels and cream cheese. Once we were all filled up, we hopped in the van. We took a short drive to our trailhead. We hiked two connected mountains, called South Branch and Blackcat Mountains. Since today was our last day of hiking before paddling on the Penobscot, we were all pretty excited, and the

positivity level was pretty high. When we got to the bottom, we celebrated by taking a nice, quick swim in a nearby lake.

After having lunch of sunbutter and jelly sandwiches, we hopped back in the van, thinking we were headed back to the campsite. When we drove past the campsite, we were all a little bit confused, but the counselors took us for a nice ice cream treat! Afterwards, we went back to the campsite and had a relaxing rest hour. For dinner, we ate grilled cheese on pita with pesto. When we were done, we sat around the campfire and played games and had a good time. We then went to bed to get a nice rest for the long day ahead of us- our first resupply and our first day of canoeing!

Day 6 (Quinn)

Today, we woke up early and packed up our tents and everything at our campsite. We later had toasted bagels with cream cheese. Then we got in the van and headed to our resupply destination. Although we had some trouble finding the resupply spot, we found it within a few minutes. Once we got there, we unpacked everything in the trailer. Everyone was really excited to have our first resupply and start paddling down the Penobscot River. The weather had a lot of scattered showers. When the weather cleared up, we learned how to filter our water bottles.

Finally, when Penobscot II arrived, everyone was really happy. We unloaded the canoes and switched gear with them. The weather was still kind of rainy, but we managed to get through the first part of the resupply. Then, we got to read and open all of our mail and gather all of our stuff to put in the car going back to Wavus. Then, we



had turkey and cheese sandwiches for lunch. Finally, we loaded up the canoes and it finally stopped raining.

Lake paddling was fun, but about thirty minutes later, we got to a portage that would get us on to the Penobscot River. The portage was not as big as we expected. We completed in thirty minutes and were paddling down the river in no time! Everyone was singing songs and it was such a fun time. Then we saw a bald eagle soaring through the sky! A few minutes later, we found our campsite and brought everything to shore.

We set up the tents and the tarp and organized the paddles and life vests. The tents were wet from the morning, so we let them dry out while setting them up. For dinner we had stir fry with fresh veggies! Then we had circle time and watched the sunset. The counselors surprised us with Skittles and gummy bears! We said our goodnights and headed to our tents for our first night on the river.

Day 7 (Ellie)

Today was our first full day of canoeing. We started off our day with some tasty oatmeal, which woke us all up quickly. After breakfast, we loaded up the canoes with all of our group gear, and then we were off. We did a short paddle to our first portage destination- Haskell Rock. Although the paddle was short, we went down Stair Falls rapids! The portage was not too bad, and we quickly got the gear back into the boats and we were off to our second portage destination- Pond Pitch. We sped through the portage, and worked very thoroughly as a team. We also saw why it was necessary to portage around the river!

We were ready for our final portage of the day- Grand Pitch. We went

through a few rapids, which were very fun! After paddling for a little while, we spotted our campsite, which would also be where we portaged just our canoes to the end of the portage trail. After we finished portaging, we had lunch, which was sunbutter and jelly, our favorite! We also snacked on our GORP and drank plenty of water. After we were full of GORP, we set up our tents and got into our tent groups. Once we were finished with putting our stuff in the tents, we played fun games. We then went for a quick dip in the river and had a blast splashing around!

After that we had dinner, which was pasta with alfredo and sautéed red peppers. We were all stuffed, but, of course, we had room for dessert! We had scrambled brownies with S & Ms- our favorite! By the end of the night, we were all stuffed with food and were ready for a good night's sleep!

Day 8 (Lucy)

Today we woke up to a day of unexpected adventures. We packed up and ate a good breakfast of fruit and cereal. We then finished the rest of our portage from the previous day by bringing the gear to our put-in spot. Once that was finished, we paddled for only a little bit before we reached our portage of the day (and the last of the trip)! The Hulling Machine portage was longer than the others, but with teamwork, we travelled through mud and over hills, roots and rocks. Finally, when the portage was complete, we had a needed GORP break before heading back out on the river.

We paddled for a little while before we got to a set of big rapids. Two boats in our cabin flipped, and the cabin mates headed nose and toes down the rapids. Everybody got to the shore quickly and safely, which was the first

priority, but the canoes and the gear they were holding were lodged on rocks in the middle of the powerful river. The counselors deciphered what must be done to save as much as they could. They emptied out and carried a canoe so it was above the first canoe that flipped. They strongly paddled to it, and were able to turn the canoe right side up and haul all the gear into the non-tipped boat. The counselors paddled back to shore, and the empty canoe floated away down the river.

Meanwhile, the other canoe was full of water and the cooler, which contained bread, had opened. It was creating its own waterfall. It was in a very dangerous place to try and get it back, so the counselors made the decision to leave it and its gear where it was. We had a little bit of hope that the Kieve boys we saw before or another paddler would get it, but as far as we knew, the gear was lost.

Right away, we made a planned stop at a campground where the counselors could call and check in with Wavus. After the call, they informed us that Logan, a tripping director, would drive up with replacement food, a canoe and items for the girls whose boundary bags were lost. The man who owned the campground was very nice and let us spend the night. He even made us a fire!

After waiting around, our impossible wish came true. Kieve had gotten our canoe! Most of the stuff was still in it, and the canoe's paddlers got their gear back. We all rejoiced, but Logan was still coming for another reason. After eating lunch of bagels, hummus, carrots, cheese, lettuce and pepperoni (and Milky ways for dessert!), we got some disappointing news. Ellie had to get evacuated because of an unknown

cut she had. We were all very sad; because it's hard to let a cabin mate that you've come so far with return to camp. We all spent lots of quality cabin time together before evening arrived and Logan came. She gave us a new cooler and we gave her the old one. We then said goodbye to Ellie. When the car had left, we ate pita pizzas for dinner. We played a game of cards before falling fast asleep after the long day.

Day 9 (Caroline)

We woke up to a rainy Thursday morning. We had oatmeal for breakfast, and then packed up our gear quickly. With our spirits up, and smile on, we started our long day down the Penobscot River. While singing songs and our camp favorites, we paddled through a slow moving river. We had some heavy rain and many goose bumps, so we took a short pit-stop to do some exercises to keep warm. We did jumping jacks and sang more songs and we soon were back on track.

We paddled down a few rips and started to scout for our campsite. As we looked, we weren't having much luck, so we headed down a set of rapids and quickly turned into a different campsite that worked just fine. We set up our tents had lunch, which was sunbutter, jelly and an apple. Afterwards, we settled into our warm tents for a well-deserved nap.

We then woke up for a delicious looking dinner, which was pesto pasta and red peppers, cooked by one of our cabin mates. We stood around and talked as we enjoyed our dinner. A Kieve cabin came to our same campsite and delivered the canoe that we had lost the previous day. We thanked them for bringing it to us and they went and finished their day. As the sun started to set and the bugs started to come out,

we brushed our teeth and went to bed. Although it was a cold and dreary day, we pushed through it with positive attitudes and smiles on our faces.

Day 10 (Sylvie)

We were able to sleep in a little bit because of rain and thunder. We woke up to rain, got dressed quickly and packed our tent. There was a good breakfast of oatmeal, a protein bar and grapes. We had to wait another hour before getting into the canoes because there was lightning and thunder. Then we packed the canoes and headed off.

We canoed through a few small rips and a little slow moving water. The

sky was gray and it rained a few times throughout the day. When we were getting close to Grindstone Falls, our biggest rapid of the trip, we pulled over to the left hand side, where we could scout out the rapids. Our counselors told us where we should head in the canoes. So we got back into the canoes and headed straight for the rapids. We were excited but nervous. We were rocking back and forth in the canoes, but we did it with no flips! Our boats were filled with water so when we finished the rapids, we pulled over to the side to grab some GORP and pump the water out. Then we canoed down to Pinegrove campsite, encountering a few more rips.

When we got to our campsite, we had sunbutter and grape jelly on bread, with an apple. After lunch, we set up the tents and the tarp. We chilled in our tents while the counselors made dank. Then we all ate the food, enjoying our



last night. Our counselors surprised us with scrambled brownies. After we ate, some people washed the dishes. Then we went to bed. It was a great way to spend out last day on trip.

Day 11

We woke up to the sun shining, a good omen for our last day. After a special breakfast of S & M pancakes, we packed up and loaded our canoes with our gear for the last time. We cheerfully headed down the river, past Ledge Falls (our last rapid) and a few small islands. We saw the takeout spot from far away, so we started chanting PENOBSCOT UNO, as we pulled in!

Once we were all on land, we rejoiced happily with hugs and yelling. We calmed down a little and pulled our canoes up and unloaded our gear. We had a little bit of time to wait for our ride, so we swung on the swings and played cards. We saw Joe driving the white van from far away. He came into the takeout spot honking, bringing a special surprise- Ellie! We loaded our gear up on the trailers and piled into the van where we got to listen to music again! We stopped at Panera for lunch and then pulled into Wavus in the afternoon blasting the music for our entrance. We finished the trip feeling accomplished, happy and excited for the next week at Wav!



Penobscot II

HBC: Sky Dunfey

JC: Megan Stroud

July 25-26: Camden Hills

Day 1

The first day of our primer we woke up and had a delicious breakfast at Wavus before packing the van and heading off to Camden Hills. It was a short drive, so when we got there, we set up our campsite and made a nice lunch of ham and turkey sandwiches with a side of carrots, snap peas, and grapes. After lunch we set out for a fun hike up Mount Battie. When we got to the peak, there was a beautiful view of Penobscot Bay, showing off Maine's beautiful shoreline and its coastal islands. There was also a cool tower on the top of the mountain that was fun to go to climb. All throughout the hike we talked and played games such as Contact and "I'm going on a trip". Everyone agreed that it was a fun hike, and we were all excited for our hike the next day.

When we got back to the campsite, we put down our bags and walked over to the swing sets where we ate candy and played on the swings. Next we walked down to the ocean and enjoyed sitting on the rocks, skipping rocks, and just breathing in the fresh, salty air. When we returned to the campsite, we cooked our hamburgers and cut up our vegetables. After dinner we made a fire and roasted marshmallows. Instead of making just our regular s'mores, we made them with Oreos, which was probably one of the greatest creations ever! When we were all cleaned up and done eating, we brushed our teeth and got dressed for bed. But before going to bed, we played a bunch of fun games. We had a riff-off and played

many rounds of psychiatrist (even in the rain). After this long and fun day everyone was ready for bed and fell right asleep.

Day 2

On the second day of our primer we woke up, packed up our bags, tents, and ate breakfast. We had a nice warm breakfast of oatmeal with raisins so we would be well-energized for our hike. After cleaning up from breakfast, we finished cleaning up our tent site and headed out to climb Mt. Megunticook. Although it was raining all morning and throughout the day, the girls never complained, and they always had smiles on their faces. The hike was great, and when we hiked, we played the game 20 questions and just had a good time talking to one another.

When we got to the summit, we could not see any of the views because of the fog. But it was still pretty cool to look out and only see white everywhere you looked. When we got to the bottom, we were all very hungry so we had a big lunch of hummus sandwiches, grapes, carrots, snap peas, blueberries, granola bars, pepperoni, and string cheese. Everyone was very creative and made her own sandwich creation. On the car ride home almost all of the girls fell asleep, but before getting back to Wavus, we stopped at J-Scoop for ice-cream, and we ended our trip with smiles on our faces.

July 31-August 5: Penobscot River

August 5-10: Baxter State Park

Day 1

On the first day of our trip we woke up at 4:30 to pack up the trailer, eat breakfast and say our goodbyes to the puppies (and the directors). The car ride was very quiet as everyone fell fast asleep. We unloaded at the Lake

Matagammon put-in and had a lunch of ham, turkey, or sunbutter and jelly sandwiches with a side of grapes and apples. The girls learned how to eat through the core of an apple in order to practice leave no trace ethics. We then loaded up the boats and paddled to the end of the lake where it turns into the East Branch of the Penobscot River after the dam. This is where we had our first portage. After we finished loading our boats again, we were on our way on the Penobscot. The girls were taught how to read rapids and choose the best way to pick a route downstream. We had a few small rips on the first day and the girls got to practice their skills.

We ended our paddle just before Stair Falls where we pulled our boats ashore and set up our campsite. We made it to our campsite in good time so we were able to have a relaxing afternoon/evening. For dinner we had burgers- chicken, beef, or veggie, and for dessert, Swedish fish. When everything was cleaned up after dinner, we all sat together to filter our water and tell funny stories before turning in for an early bed.

Day 2

Day two was another early start. We woke up on the river with the sun shining and we packed up to paddle down Stair Falls. We ate bagels for breakfast, scouted the rapids and then got on our way. We made it down Stair Falls with great skill and ease and were quickly on our way to the Haskell Rock portage, our fist portage of the day. After the portage we loaded up the boats and set out to canoe another 3 sets of rapids. During the second set, one of the canoes flipped and got wrapped around a rock. The girls were all okay, and we were able to quickly get their gear as it floated

down the river. After everyone and the gear made it to the next portage spot, the counselors walked up the sides of the rapids to get back the canoe. And after a valiant effort the canoe came loose. After swimming the canoe back down the rapids and getting back to the Pond Pitch Portage, the girls were almost done with their second portage of the day.

On the path at the end of the portage trail we ate our lunch of pepperoni, cheese, pita bread, hummus and veggies, and then continued paddling to our next destination, Grand Pitch Portage.

When this third portage was completed, we stopped to filter some more water and take a rest before our final portage of the day, The Hulling Machine. This last portage ended up being the longest and most difficult portage. The trail had lots of turns and was also a bit hilly. The girls all worked together and got through all the gear in just one trip and then went back for the canoes. We then continued our paddle and stopped for the night at Bowlin Falls where we set up our campsite and had a delicious stir-fry chicken dinner and a special Milky Way treat for a job well done on the hardest day of trip.

Day 3

We started day three a little bit later than the previous two days, giving ourselves some well-deserved extra sleep. When we woke up, we had Fig Newtons and Nature Valley granola bars for breakfast and started on our way. Although we woke up to the rain, it was still a fun morning for a paddle.

We started off our day with Bowlin Falls. This was a short fun rapid that was just next to our campsite. After paddling a fair distance, we decided

to stop at Elbow Campgrounds to refill our water. Since it was still early in the morning, we decided to press on to the Fiske Brook campsite. Once we made it to our campsite, we had the most delicious meal yet, pizza. When lunch was finished, we quickly set up our tents to dry off and have a restful afternoon away from the rain and the bugs. After our nap and rest period, we ended our day with chili and cheese for dinner, took some group pictures and then headed off to bed.

Day 4

Day four we woke up early at Fiske Brook campsite and canoed the winding river to Whetstone Falls. For breakfast we had some nice warm oatmeal before starting our paddle. After filtering water and loading up the boats, we headed on our way. As we canoed, we sang many songs and even made up a few of our own. Some of the girls also had fun telling jokes and just laughing together. In the morning it was a little cold but it was still nice because the sun was out.

When we got to the campsite, we had a yummy variety lunch of pepperoni, snap peas, carrots, sun dried tomatoes, hummus, baguette, and chewy oatmeal bars. After lunch the girls quickly went to their tents as it started to rain. As it rained, the girls took a nap and caught up on some sleep. After the nap the girls rinsed off in the river and had fun just hanging out with each other.

Next we had quesadillas with cheese, chicken, and veggies. It was delicious! Then after dinner everyone helped to make a fire and we all enjoyed some warm s'mores. When the marshmallows were gone, we all sat around the fire and played games, "Moon Goddess", "Johnny-up", and "passing the scissors". All of these



games involved concentration, and frustration, and end with the great feeling of accomplishment. When the fire faded away and the bugs came out, everyone sought the shelter of their tents for the night and got to bed early in preparation for an early morning the next day.

Day 5

Day five we woke up early, packed up quickly and ate cereal with milk for breakfast. We hopped in our boats and headed down Whetstone Falls. There were two parts that were relatively long, but everyone did a great job reading the rapids and ran them smoothly and safely. Everyone agreed that they were very fun because there were good chutes of fast moving water with waves.

After that there were a few smaller rips, but it was mainly flat, slow moving water. Over the course of our long paddle we saw lots of wildlife, including bald eagles, a deer, and even a baby moose. We made it to Grindstone (our biggest and hardest rapids on trip) nice and early. So we took an early break and ate a lunch of sunbutter and jelly sandwiches on a bagel with cheese and carrots on the side (or in some cases just all together).

We then had the girls scout the first set of rapids so they could practice their reading skills and give them the confidence they needed to get down the rapids. After talking it through, we hopped back into our boats and set out on our way. The girls did an amazing job and barely hit any rocks in either of the two sets of rapids. Some of the girls had been a little scared going into the rapids, but ended up having lots of fun and gained a lot of confidence from doing it as well.

After Grindstone there were some

more small rips before we reached our campsite but there was also a lot of just deep, slow moving water. We took this as an opportunity to just jump out of our boats and swim, holding onto the back of them, down river. When we got to our campsite for the night (Pine Grove), there was some thunder in the distance so we set up our campsite quickly to make sure that none of our things would get wet. When it passed over with just a few sprinkles of rain, we decided to have dinner. We made pasta and cheese and to top off the goodness, we had scrambled brownies for dessert. After cleaning all the dishes, we all hung out for a while and played games and wrote letters for resupply before heading off to bed.

Day 6

For day six we woke up early at Pine Grove, packed up our campsite and made cinnamon rolls for breakfast. They were so delicious! We then took advantage of the running water and decided to wash all of our dishes really well in the sink so that we would have some nice and clean bowls and utensils for the second half of our trip. After that we got into our canoes and headed out. This was our final stretch of canoeing.

For this day we made sure that everyone who had not had an opportunity in the stern of the boat (the seat that steers) or who had only been in the stern for a short time got to steer today. There were a few small sets of rapids and rips, and all the girls did a great job and proved to themselves that they, too, could do the rapids in the stern of the boat (even if it was a little out of their comfort zones).

When we got to Medway, the pickup spot, everyone organized their gear. When the van pulled in, we all loaded up the trailer and headed back up to

Matagammon where the Penobscot I cabin was waiting. This is where we exchanged our gear and supplies, packed up our new gear and trailer, got our mail, and headed our separate ways. From the resupply spot it was only a short drive to our campsite at the Trout Brook Farm Campground. After we set up our tents, we ate our lunch of turkey and cheese sandwiches with apples and grapes. After cleaning up, we headed out to the far end of the campground to walk out on the Freeze-out Trail. After our walk, we sat in the field near the stream and did some yoga, took fun pictures and hung out enjoying the good weather. Then we headed back to our tentsite and cooked up dinner. For dinner we ate veggies, hamburger strips, and rice. After dinner, everyone packed their day packs for the next day's hike and went to bed early in preparation for the 2 am wake up.

Day 7

When everyone woke up, we all had a delicious breakfast of granola and yogurt which we ate out in the sun by the water. After, we decided to go on a hike up North Traveler Mt. The hike was steep, but everyone enjoyed the delicious blueberries they found near the top (where they also enjoyed a yummy lunch). There were some very nice views of the pond below, other mountains and Katahdin in the distance. When we got back to the van, we drove a short ways and stopped again to hike the South Branch Falls trail. The hike was short and it led us to some refreshing, cascading water. Some girls decided to go for a swim and others just enjoyed the nice weather. After we hiked back to the van again, we drove back to our campsite and made dinner. The dinner

was of potatoes, cheese, and bacon. The potatoes were a little bit overwhelming, but they were still tasty. When all the dishes were done from dinner, the girls made a fire and we cooked bananas with chocolate over it for dessert. And when the fire burned out, we walked over to the bridge again and watched the sun go down, and we also took some artsy cabin photos. On our way back, we passed the Kieve boys, said "hi" and then headed back to our campsite to go to bed.

Day 8

Day eight we woke up and ate egg, ham, and cheese sandwiches. Then we loaded up the van and went to the Matagammon campground to fill up our water jugs for the hike. After getting our water, we then headed off to hike up North Brother Mt. The hike was challenging, but we kept a steady pace that allowed us to get to the top of the mountain 20 minutes before the predicted "book" time. The trail was 4.5 miles up, and there were some very steep inclines that were followed by flat mossy areas that allowed us to catch our breath. We reached the summit (4138') in 3 hours 20 minutes) and were very happy with ourselves.

We ate lunch at the summit, a lunch of sunbutter and jelly sandwiches with carrots and snap peas on the side. While we ate, we took pictures and admired the beautiful expansive views. The way down went well until we were passing a swarm of bees that came out of a stump in the middle of the trail. A lot of the girls were stung, but thankfully nobody reacted too badly to the stings. We then continued along to the bottom and made it there in record time.

Next, we hopped back in the van and went back to the campsite to eat pesto pasta (a cabin favorite) with peppers

and onions for dinner. After we cleaned up, we went to look at the sunset again and played some Frisbee and sat by a fire. Then we all gathered to lie in the grass and stargaze. We saw two huge shooting stars, which was an awesome end to a pretty great day.

Day 9

On day nine we woke up to the rain. Although it was hard, we got out of our tents to have breakfast which was bagels with cream cheese or sunbutter and jelly. After breakfast we all piled in the van again and drove to South Branch campground. From there we started our hike up South Branch Mountain and then headed over to Black Cat Mountain. The hike was fun despite the fog and rain. It was a nice path up the two mountains and then around the pond. In the middle of our hike we stopped and ate a filling lunch of English muffins with sunbutter and jelly or honey. We also had sides of carrots, snap peas and Fig Newtons.

When we finished our hike, all the girls felt proud of the accomplishment of hiking two mountains in a row. The van ride was a quiet one back to the tentsite. When we got back, the sun came out briefly for the first time all day. So we took this opportunity to go sit on the bridge by the Freeze Out Trail. Some of the girls even jumped off the bridge and went swimming. After our nice rest hour, we went back to the campsite and made dinner.

While the counselors were making dinner, the girls came up with skits to perform for the rest of the cabin. Dinner was pizza with pepperoni, peppers, and mushrooms. This is always one of the favorite dinners. After dinner we made a fire and had s'mores. We also pulled the guitar and sang some songs around the campfire. As we were

singing, we took in a beautiful sunset of pink and purple skies. And when the sun went down, we all brushed our teeth and went to bed.

Day 10

We were awakened by a thunder and lightning storm on the morning of day ten. Everyone ran from their tents to the van for shelter and safety. Once in the van people continued sleeping, played games, or just chatted quietly together. It seemed like the thunder and lightning was never going to end. When the storm had finally stopped, we ate our breakfast (now at an early lunchtime) of soy sausage patties on bread with hummus and tomatoes. We also had carrots and snap peas on the side. After eating, we spoke with the ranger about the weather for the afternoon. With the predicted thunderstorms throughout the afternoon, he advised us to stay close and hike Trout Brook Mountain. We decided to take his advice and went on our way. The trail was very muddy, and a few places it seemed like we were just walking down a stream. When we got to the top, it was foggy and windy so we didn't stay for long. But we were lucky it only misted on our hike, and it never actually stormed or even rained.

When we got back to the campsite, everyone cleaned up their things so they would be ready to go the next morning. Next we had a surprisingly delicious dinner of pasta, tuna, brown sugar, and soy sauce. Everyone liked it, but they weren't sure if they would like it if they were at home. Everything tastes better when you are out on trip. After dinner the rain picked up again so all the girls piled in the van one more time, because it was the only dry place big enough for everyone to fit. After a little bit in the van, the air got stuffy and

everyone went outside again to go for a walk in the rain and play psychiatrist. When we got back to the tentsite, we had a quick dessert of chocolate and marshmallows, brushed our teeth and went to bed.

Day 11

On the last morning of our trip we all woke up around the same time, packed up our campsite and made breakfast. To celebrate our good hard work, we had S&M pancakes! This is the one highly anticipated breakfast of the trip, and everyone thoroughly enjoyed it. After picking up from breakfast, everyone searched for two pieces of trash so we could leave the campsite cleaner than when we found it. We then all piled in the van and headed on our way back to Wavus.



But before we got back, we were sure to stop for a delicious lunch at Panera Bread, and also for the long awaited ice-cream at J-Scoop. Finally after all of our special treats, we made it safely back to Wavus. Once we got to Wavus, we all unloaded the van, cleaned the van and put away all of our gear. When all of this not-so-fun work was done, we brought our stuff back to our cabin to unpack and open our mail. After some unpacking, we prepared for our entrance to announce our presence back at camp. We painted our faces for a zombie invasion. Everyone had fun and agreed that it was one of the best entrances ever. Finally after dinner everyone was able to take their first showers in eleven days, continue unpacking, and head to bed.



Allagash I

HBC: Franke Wurzelbacher

JC: Molly Cleveland

July 31- August 12: Allagash River Day 1

Every day there is a leader of the day who looks at the maps the night before and talks to the counselors about the next day's paddle. Today I am the leader of the day, so I am also writing the trip notes. We woke up this morning at 4:20 am, packed up our stuff and went to the trip shed. We packed up the van and the trailer, and by 6 am we were gone! In the van we napped and listened to music and then arrived to resupply Long Voyage. We brought them a 6th canoe, and we both left in separate vans to get to our respective drop-offs. We ate really yummy PB&J sandwiches! We paddled for about 3 hours to Big Island on the Penobscot where we are sleeping tonight. For dinner we had burgers that were delicious!

- Alex Bosman

Day 2

Today we woke at 4:20 am. We packed up the canoes and left Big Island around 6 am. The campsite was very well kept. The Penobscot River was beautiful. Smoke rose from the river as the sun rose into the morning sky. From Big Island we paddled to The Store. On the way, we saw 2 bald eagles and a deer. We arrived at The Store mid-morning and had some delicious all-natural root beer and homemade fudge. From the store we went past Gero Island and paddled for a few hours until lunch.

We ate at a campsite near a dam we would have to portage around. At the dam, we met a very kind lady who told us that it was safe to paddle under the bridge instead of portaging around it.

After the bridge we cruised down a stream until the red gate (the dam). We portaged around the gate and arrived in a very calm and beautiful lake. We paddled until we reached the Mud Pond Carry Trail. We portaged a bit past our campsite so that we would have less to do the following morning. We slept at a campsite next to the trail and ate an incredible dinner of fajitas.

- Katie Zajkowski

Day 3

This morning we woke up early again to gentle rain. We had breakfast of Granola bars after packing up our gear. We first carried our personal gear and took turns with the different group gear to the end of the trail. The ground was very muddy and the puddles were deep because of the rain. At first we were frustrated with the deep puddles, but soon found that we could use that to our advantage when portaging the canoes. We reached the end of the carry trail and then turned around for our canoes. We switched between suitcase carrying and floating the canoes through the puddles. It was difficult but we all felt very accomplished as we enjoyed Milky Way bars and lunch at the end of the trail.

It finally stopped raining and the sun came out as we paddled to our next campsite. We arrived in the afternoon and changed into dry clothes. We spent the rest of the day relaxing and setting up our tents. We had mac and cheese for dinner and went to bed early because we were all tired from our long and productive day.

- Ingrid Sant

Day 4

Today was a nice, yet damp day. We woke up around 5 am at Rocky Cove to the sight of an amazing sunrise! We had an awesome breakfast of egg and bacon sandwiches with hash browns

and English muffins. Then we paddled to the resupply spot at the Chamberlain Bridge. While we were paddling, we saw 6 loons and 5 geese! When we pulled up to the bridge, we were met by the smiling faces of Logan and Kate. It was good to see that the rest of the human race still existed! All of Gash I was very excited to receive our new GORP, clothes and letter and to get rid of all our Mud Pond clothes.

Then we paddled back past the geese, past the loons and past Rocky Cove. However, on our way to Donnely Point there was a huge thunderstorm and we had to pull over. It lasted for about 15 minutes. Then we had a lunch of turkey and cheese sandwiches. When we got to Donnely Point, we enjoyed sitting on the beach and eating GORP and taking silly pictures. For dinner we had homemade pizza and cooked apples with cinnamon and sugar. It was amazing!

-Sonja O'Brien

Day 5

We woke up to a beautiful sunrise at 4:20. We had camped at Donnely Point and breakfast was granola with vanilla yogurt and fruit. After paddling across a very calm lake, we reached our portage point. It was around a dam and it was very easy. We paddled down a short stream and got to Eagle Lake. On that lake we saw Kieve and another group when we stopped to look at some abandoned trains. We then crossed Eagle Lake by island jumping. For lunch we had nice pita, sun butter and jelly sandwiches at Priestly Point. After a nice and much needed break, we headed onto Eagle Lake (it got really windy). We camped at Ziegler which was further than we had originally planned. We got to eat GORP and relax in the sun. We even went into the water to wash off. We

made a nice fire and had dinner (pasta with the choice of ketchup or tomato sauce). For dessert we had banana splits with chocolate, marshmallows and graham crackers. We went to bed soon after that.

- Hannah Langer

Day 6

We got to sleep in today and then packed up and started canoeing. We made a stop at John's Bridge where we got to jump off. We didn't have a long paddle so we got to Jaws at 10:30. We relaxed for the rest of the day. It got a little cold and it started to drizzle. For lunch we had grilled cheese and tomato soup, which warmed us up and we all really enjoyed it. For dinner we had cheesy potatoes...yum. That night we had a camp fire and the boys joined us. We played Mafia and told scary stories before going to bed pretty late. We saw the sunset and then the beautiful night sky filled with stars.

- Marielle Gasaway

Day 7

Woke up at 6:45 and got ready and left the campsite before the boys. We paddled to a dam and portaged the canoes to the other side. We used two people per canoe and the boys solo-ed them (they were so proud of themselves). After unloading the gear, we went down the rapids. We had lunch (pepperoni, cheese, raisins, and dried apples). It was really good! Then we paddled to Jalbert for the night. The weather was awesome so we went swimming. Alex got a leech (she didn't even scream!). After that, we had a dinner of stir fry. It was so good! Then we went to bed after a great day!

- Sophie Kruyt

Day 8

Today we woke up really late, at 8, because of bad fog. For breakfast we had cereal! Honey Bunches! We



finished Long Lake and had to portage around a dam. It was really hot and sunny, and we saw a moose!! We went to Sweeny Brook for lunch: we had bagels with sunbutter and jelly, and then we paddled onto Round Pond and saw a Bald Eagle!!! It was awesome! It's amazing how much wildlife you see on trip.

The wind picked up a little and we had to paddle farther because there were people at the campsite we were going to stay at. So we ended up staying at Outlet. Before dinner, Hannah gave her famous back rubs and Katie braided people's hair. For dinner we had Ramen noodles (chicken and beef flavored). - Sophia Cronin

Day 9

We woke up this morning around 6 and it was raining slightly. We packed up our bags and our tents and, by that time, it was raining even more. We had to wait an hour for the storm to pass by. During that time we had delicious oatmeal for breakfast. The water was very calm because it was raining, so when it stopped, we left. We finished paddling through Round Pond and got to our lunch campsite by 10.

We arrived to the campsite we were supposed to sleep at, had lunch (pepperoni and cheese), and then decided to go further because it was still quite early (not even 12!). We paddled for another hour and got to Michaud Farm to check on the weather, but the ranger wasn't there. We then paddled to Allagash Falls which took another hour. At Gash Falls we portaged our canoes to the other side and went to watch the extremely impressive waterfalls. We saw Kieve and we went cliff jumping with them! It was so much fun! We went back to our tents to change and then made yummy

S&M pancakes with maple syrup. After dinner we went back to the beach and looked at the stars and then went to sleep. Tomorrow a rest day awaits us.

-Alex Bosman

Day 10

Today we had a rest day at Allagash Falls. We got a day ahead yesterday, allowing us to take a rest day. We were allowed to wake up whenever we wanted and had a delicious breakfast of Nature Valley Granola Bars and Fig Newton's. That day we saw Kieve leaving in the morning. Once everyone was up and it stopped raining, we headed down to the beach area. Shortly thereafter, Allagash II arrived a day ahead of schedule as well. After an incredible lunch of grilled cheese and tomato soup, we all headed down to the waterfall and jumped off of the rocks. It was a blast and everyone was having a good time. Afterwards, we took some naps in our warm and cozy tents. Some of us slept, while others read or spoke to one another. Next we helped prepare dinner. We ate chili with pita - it was amazing! Before bed, we watched the sunset on the beach and braided each other's hair. We brushed our teeth and went to sleep shortly after.

Day 11

Today we slept in a bit (until around 6) and then began our short paddle to our campsite at Allagash Village. We had cereal and quickly packed up. We arrived fairly early to our next campsite, set up camp and settled in for a nap before visiting the playground in the village. We played on the swings and the seesaw and then went back to our campsite for a tasty lunch of sun butter and jelly sandwiches on pita bread. For dinner we had "DANK", extremely cheesy and yummy pasta with the leftovers from the wannigan

(in our case, pesto and hashbrowns). We had s'mores for dessert and went to bed early for a peaceful night's sleep under the stars.

-Ingrid Sant

Day 12

Today we woke up at 7:00 am, packed up our tents and ate a breakfast of oatmeal. Then we cleaned up and headed on our way. As soon as our boats got on the water, we saw 2 fish jumping, and then went through a series of rapids. Nearly everyone who was in the bows got soaked! However, that was perfect because it was turning out to be a hot day. Suddenly, a deer came out of the woods and ran into the water and swam across to the other side. Everyone was so happy to see it because we hadn't seen very many deer all trip.

Around 10 am we got to Pelletier's. We cleaned out our canoes and sun tanned. At 12:30 we ate sun butter and jelly on bagels. Then, everyone finished

writing their trip notes. Then we chilled in the sun some more. When Logan came, we were so excited to see her! We went to the Moose Shack for pizza and soda. BEST NIGHT EVER! Finally, we opened our packages and mail just to end up bombarded with lots of candy and awesomeness. Goodnight!

-Sonja O'Brien

Day 13

We woke up to the sun rising. We had granola bars, fruit and strawberry yogurt. We were on the road by 6:30 am-ish. We listened to music and slept in the van. We timed ourselves on bathroom breaks to see who could be the fastest. Then we talked about our entrance and had an amazing lunch at Panera Bread. The bread was AMAZING. Then we got back to camp did our entrance and cleaned all the gear. We were so happy to be back!

-Hannah Langer



Allagash II

HBC: Carly Shea

JC: Lauren Geddes

JC: Claire Yost

August 1-13: Allagash River

Day 1

Today was the start of our thirteen-day trip. We woke up at 4:30 am and headed down to the Jewell to finish loading the rest of our gear. After tying up loose ends, we ate breakfast and hit the road. We made it to our put-in spot 5 hours later, where we made it to our first campsite after a 3-hour paddle. After dinner we hit the hay in preparation for the long day we had in front of us.

Day 2

Today we woke up with the rain coming down pretty hard but that didn't slow us down. We made it to The Store around midday, where we had some yummy fudge and root beer floats. Since it was raining, the nice family next door let us stay in one of their extra cabins to warm up and have lunch. Once the rain slowed down, we got back in our canoes and paddled to our next campsite, Mud Pond! We portaged some of our canoes that night then hit the sack.

Day 3

This morning we woke up with our game faces on and ready to dominate Mud Pond. Even though it was off-and-on raining and mud up to our waist, we finished portaging in four hours! After a long hard day's work we celebrated with Milky Ways and a delicious lunch. We got back in our canoes and paddled to Ledges point and settled in for the rest of the night.

Day 4

This morning we made the short paddle to Chamberlain Bridge where

we met Logan and Kate for our resupply! They brought us all things good in life: candy, more food, water, donuts, and mail. We spent some time with them before heading back to our cabin site to rest after our long day yesterday. That day we swam, ate lunch and dinner there and after we ate dinner, we did a sunset paddle to our next campsite.

Day 5

We woke up to the winds howling and the waves crashing. From our tents it sounded like we were at the ocean. We were going to paddle today, but the weather was not in our favor and our counselors didn't think it was safe to be on the water with all of the storms in the area, so we took a rest day. We spent most of the day in our tents because of how cold it was out, but we hit the hay early to get ready to make up time tomorrow.

Day 6

4 am came quickly and we were on the water by 5 am. The sun was shining by 7 am but the wind started picking up around 7 am. Today we paddled almost 20 miles and, boy, did we feel it by the end of the day. Over all, we did an amazing job paddling. We finally made it to Little Eagle where we had a delicious dinner and fell fast asleep.

Day 7

On this morning we woke up to the thickest fog any of us had ever seen. It felt as if we were in a maze at times. Around 8 am the thick fog lifted and we were able to get back on track. Once we got to Churchill Dam, we had the ranger portage our gear so we could ride the rapids with empty boats. Let's just say we had the time of our lives! After a long day on the river we made it to our campsite where we had Dank for dinner and a beautiful sunset.



Day 8

We woke up to a chilly rain, and had a quick breakfast of cereal and pow-cow. After that, we headed down the river towards Round Pond. Around midway, the weather cleared up. We finally ended our long paddle at Round Pond Rips campsite and enjoyed a well-deserved nap!

Day 9

Today we woke up at 4 am, packed up camp, had breakfast and hit the river hard. We made the long paddle to Allagash Falls, but along our way we saw ten moose! It was one of the highlights of our trip. Once we arrived at the falls, we portaged our boats to the end of the falls and then set up camp for the next couple days.

Day 10

Today was a cold and windy day, which was fine because we had a planned rest day. It was so nice to be able to sleep in and just relax for the day. We had a delicious lunch of S&M pancakes and a beautiful view of the falls. All in all, it was a much-needed break.

Day 11

Today we paddled to Allagash Village after lunch which took us around two hours. Once we reached the Village, Carly got us some Gatorade to share and we played on the playground. We topped off the night with yummy hash browns, cheese and bacon bits while the crickets danced around us.

Day 12

We woke up this morning and started our last paddle to St. Francis for our pick-up. We paddled two hours down the St. John River, singing and telling stories. Once we arrived at our pick-up spot, we relaxed, did henna drawings on each other and played hide and go seek. Erik arrived with

treats and dinner for us. After dinner we loaded up all the gear that we could and hit the hay.

Day 13

We woke up at 5 am to finish packing the rest of the gear into the van and trailer. Once we ate breakfast, we made the six-hour drive back to Wavus where we celebrated with food and stories!

Long Voyage

HBC: Mary Strang

JC: Zoe Atchinson

July 28-August 14: Long Voyage

Day 1

This morning, we were delighted that we got to wake up late because it was Sunday. We had to finish packing, and then brought everything down to the van. For breakfast, we had donuts at Wavus. It was Courtney's birthday, so she had to skip around the room. Then, we loaded our gear and canoes into the trailer. We drove about 3 hours up to Baxter State Park and Logan came with us.

We got out at Grindstone for a canoe clinic. We put our canoes in and went down the whitewater rapids! Some of us flipped, but then we all came back together and canoed to where Logan was meeting us. We said goodbyes to Logan and headed off to our campsite at Pine Grove for the night. Once we got to the campsite, we set up our tents and had bacon burgers for dinner! Then, we tricked Courtney into running off and hiding while we thought of a "rule" for the game therapist, but surprised her instead with cupcakes for her birthday when she got back!

Day 2

We woke up around 7:30 in the morning and left Pine Grove to set off for Baxter. We had a quick breakfast

of oatmeal and GoGurt and some of us fell asleep in the van in minutes while others jammed out to 92 Moose. We made it to our campsite at Roaring Brook in Baxter State Park and set up camp, rested, and ate a delicious lunch of grilled cheese sandwiches.

After lunch, we prepared for a short hike to Little Niagara Falls on the Daicy Pond Trail. The hike was nice and peaceful with beautiful views. We made it to Little Niagara Falls and went for a swim, took pictures with Courtney's waterproof cam, chilled out on the rocks, and enjoyed each other's company. We ate yummy Oreos and ventured back to our campsite. When we arrived back, we quickly made dinner consisting of chicken and cheese quesadillas! We scoffed them down and finished the day with Rose, Bud, Thorn before settling down for bed to get ready for Katahdin the following day!

Day 3

We woke up at 4 am and had bagels and cream cheese for breakfast. After, we packed up our gear and headed out for Katahdin. We hiked for a little bit in the dark until sunrise. We stopped at Chimney Pond for the beautiful scenery and for a water break and then continued on our way. We took Saddleback up, and ate dried fruit along the trail as a snack. We made it to the peak around 11 and snacked on granola bars and more dried fruit! The view was incredible. You could see for miles and miles.

We took a well-deserved break, but soon headed off for Knife's Edge. It was a little rocky so some of us were nervous, but we stuck together and continued along our way, although we suffered from some feet, knees, and hornet stings (we think; the

source of the stings was pretty much unidentifiable). It was all worth it when we ran into the parking lot at the end of the trail and realized all we had accomplished in one day. We got back to our campsite around 5:30, dressed our "battle wounds" and prepared for dinner. We had a long-anticipated dinner of chicken pesto pasta and s'mores for dessert!

Day 4

We started our day by waking up and packing up camp, and started on our way to our resupply. There we met up with Allagash 1 to get all of our new supplies and switch out our hiking gear with our canoeing gear. We then set off on an hour and a half long van drive down the very bumpy Golden Road. We saw a huge moose off the side of the road as we were driving to the NorthEast carry. We unloaded all the canoes and gear from the trailer, ate some power food (mostly candy we got in the mail from resupply), and set off on our first portage of many to come. We made it successfully to the end and loaded up canoes and hopped in for our first day on the river.

We spent the rest of the day paddling, singing songs, telling stories, and talking about all sorts of things. We stopped at a campsite at one point to have a delicious lunch of peanut butter and jelly with honey and nutella, along with bananas, strawberries, and blueberries! After a solid 4.5 hours of paddling, we arrived at our campsite, set up camp, and settled in for a delicious and filling dinner of mac n' cheese. Finally we turned in for the night, excited for our first full day of canoeing!

Day 5

We woke up around 8, had a breakfast of Nature Valley granola bars and

GoGurt, and set off for Chesuncook Lake. We paddled the last part of the West Branch of the Penobscot. We stopped at "The Store" for root beer, ice cream, and fudge. We ate pep and cheese for lunch, and then headed out to continue paddling Chesuncook Lake. The waves were large and the wind was ferocious, but we pushed onward. We even spotted a moose in the distance! We made it to our campsite at Canvas Dam around 3 pm so we had time to swim, read books, set up camp, and chill out. We played word assassin and prepared for a dinner of chicken patties and s'mores for dessert. Then, we snuggled up in our tents for a good night's sleep.

Day 6

We woke up on the early side and quickly put on our rain gear because it was pouring! We paddled about 12 miles and on our way spotted a mysterious creature in the water that resembled the Loch Ness monster, but was actually an otter. We felt the current changing and just around the bend we saw Horserace Rapids! At first the rapids seemed fun, but that was before all the slipping and falling. We made it to the portage, exhausted but filled with a feeling of accomplishment from dragging the boats for an hour and a half up strong rapids. We reached the portage path, portaged quickly and efficiently, and made it to the beautiful Caucomgomac Dam campsite. We were delighted to see a beautiful view and an incredible campsite. We pitched our tents, relaxed, and hung out with each other before a yummy dinner! We had pita pizzas and ate Oreos and nutella for dessert. We ran off into our tents to escape the rain and called it a day!

Day 7

We woke up on the later side and

enjoyed S&M pancakes prepared by the counsies! We took down our tents after a relaxing breakfast, loaded the canoes with gear, and set off for our next destination. The weather was a little sketchy so we paddled to shore and waited for the wind to die down. Once the storm passed, we found Ciss Stream and paddled up it catching frogs with our paddles along the way. Further along the stream, we saw a moose! Towards the end of the stream, the chiefs of the day decided to pull over for lunch since everyone was ravenous. We stopped for a nice lunch of PB&J. After lunch we canoed to the North Round Pond campsite where we swam and enjoyed the sun. For dinner, we had Mexican fiesta rice and finished our meal with Hershey bars for dessert. Then we hit the hay, anticipating the resupply the next day.

Day 8

We woke up around 9 and packed up our tents and got everything organized for the resupply. We had a delicious breakfast of oatmeal and had time to write last-minute letters to send back on the resupply. Kate and Logan arrived at 11 and surprised us with Gatorade and munchkins, along with a bundle of packages, letters, and emails! We piled into the bed of the Red Truck with the canoes and headed off to the portage leading to Allagash Lake.

The terrain was challenging and the bugs were biting, but we powered through. We finished and rewarded ourselves with a yummy lunch of turkey and cheese sandwiches along with dehydrated apples and GORP for an appetizer. We paddled over to Ede's campsite, set up camp, and settled in for the night.

Day 9

We slept in this morning for our rest



day at Ede's and stumbled out of our tents for a yummy brunch consisting of breakfast sandwiches! We ate eggs, bacon, and cheddar cheese on English muffins. The brunch was filling and yummy. After breakfast, we all went back to our tents and played cards, read our books, and talked all day. We had a later lunch around 3 and ate cheesy bagels. Then we escaped the wind by piling into our tents and snuggling up in our sleeping bags. We ate cheesy alfredo pasta for dinner and everyone loved it! Finally, we went back to our tents and fell asleep ready for another day.

Day 10

We got an early start to beat the winds on Allagash Lake. We quickly ate oatmeal and packed our gear and loaded the canoes. We worked efficiently and made it in great time to the end of Allagash Lake, took a bathroom stop at Outlet, and continued down Allagash Stream. We canoed through some fun rapids and made it to Little Round Pond. Our campsite was just ahead and we couldn't believe that we made it to our campsite at 10:45 in the morning! Basically a second rest day but no one was complaining. Little Allagash Falls was perfect for a rest day with lots of great swimming spots and a nice place to do laundry. We ate a yummy lunch of pep and cheese and hung out until dinner. For dinner, we ate ramen followed by cinnamon rolls for dessert! We ended the day with Rose, Bud, and Thorn and then laid our heads down to sleep at 8:30 pm.

Day 11

We woke up around 8:45 am and quickly packed up, ready to eat a breakfast of Granola Bars and apples. We put in right after Little Allagash Falls, and paddled down the stream

into Chamberlain Lake. Before tackling the lake, we stopped at Lost Springs campsite for a yummy lunch of PB&J, GORP, and beef jerky. Chamberlain was super windy and made paddling very tiring and slow. Despite the wind, we pushed on further than we originally planned and made it all the way down to Rocky Cove after nearly 4.5 hours of lake paddling. We set up our tents and enjoyed a nice meal of chicken pesto pasta with Milky ways for dessert!

Day 12

We woke up at 8:30 to the sound of rain. We enjoyed oatmeal for breakfast and quickly took down our tents. We set off from Rocky Cove and set off for Chamberlain Bridge to stop and pull over for a hot lunch. We made turkey and cheese panini! After an hour of rest, we began paddling again. Although the wind was against us, we were able to get to our campsite, Field, in about 2 hours. For dinner we had pita pizzas and were lucky enough to start a fire in the wind and happily ate s'mores for dessert.

Day 13

We woke up to a crazy thunderstorm so we stayed sheltered in our tents until 9. Once the storm cleared, we ate oatmeal for breakfast and paddled off to Telos Dam. The portage was quick and painless. Soon, we were back in our boats, ready to take on the rapids. We all thought they were going to be really scary, but we had a lot of fun! No one flipped and we were all pleased to be dry in our canoes once we made it to the lake. Once we got to the lake, it was a very quick paddle to our campsite Little Coffeelos. We made it to the campsite early afternoon, so we decided to have a nice "lunch" of S&M pancakes! We hung out and read the

rest of the day until dinner. We had rice for dinner and hit the hay early for an early wake-up the following day.

Day 14

Despite the early morning wake-up call from our counsies, we moved quickly and loaded up gear. We ate Nature Valley granola bars with peanut butter and nutella, and then set off on our way for Webster. The rapids were pretty easy at the beginning and no one had too much trouble. We were able to enjoy ourselves and fly down the first sets of rapids with no flips.

But then came the infamous class III rapids and things changed! Many canoes flipped and lots of gear needed to be retrieved. We were soon on our way again with one less boat. However, the missing boat was quickly found just around the corner and things were back on track. We went down a couple more sets with many ledges, sharp turns, and large rocks. Some of us got flipped and went swimming down the rapids!

After more rapids, we eddied out and regrouped. We were all glad we eddied out where we did because just around the corner was the big ledge! We ferried across the river and found the portage trail which had some pretty tough, uneven terrain with fallen trees. It didn't take us long because we were all so eager to finish it. After a quick snack of Oreos and Nature Valley bars at the end of the portage, we loaded canoes and set off for Grand Lake Matagammon. We even had a cheering section as we left Webster Break. A whole family came out of their tents to cheer us on and congratulate us on our hard work and accomplishment.

Once we made it to the lake, we were pleasantly surprised to find that we had some seriously strong tail winds. We divided into two teams;

each team with three canoes rafted up together and out came the sails! We stayed pretty neck and neck the whole length of the lake. We were cruising so quickly it felt like we had a little motor on the back of our canoes. It saved us so much time and we made it to the dam and portaged around it quickly. We got back on the river, paddled for less than 10 minutes, and arrived at our campground, Matagammon Wilderness Campground. We set up camp and then the counselors surprised us by saying we were eating at the restaurant!!! We had a delicious dinner that ranged from pizza to French fries to chicken tenders and milk shakes. We happily ate our very filling dinner, watched some Miss Congeniality, then went back to our tents to settle down for a nice sleep and watch the meteor shower!

Day 15

We woke up on the later side and enjoyed a filling breakfast of S&M pancakes. Some of us had as many as 12 pancakes! At the end, we made one monstrous sized pancake that filled the entire frybake. Flipping it was a challenge, but we did it! After eating pancake after pancake, we packed up camp and waved goodbye to our campsite at 11:30 am and started our paddle on the Penobscot.

After paddling for a few hours, we arrived at our first portage. We completed the first portage, hopped back in our canoes, and paddled down a small set of rapids. Soon after, we pulled off to do another portage. After lunch we paddled further down the river to our last portage of the day where we set up camp and portaged our canoes to the end. We found a great place to swim with an incredible view of the falls. We cleaned up and relaxed

until eating a dinner of ramen and then headed off for bed.

Day 16

We woke up around 6:30 am and enjoyed a quick breakfast of Nutella and sunbutter on Nature Valley bars. Shortly after we began paddling, we arrived at (what was supposed to be) our hardest portage of the trip. However, we worked well together and finished the portage in no time at all. After an hour and a half of portaging around the Hulling Machine on brutal terrain, we finished the final portage of the trip at 9:20 in the morning, feeling very accomplished! After short rapids and a lot of dead water, we arrived at our campsite around 2:30 pm. We had PB&J on bagels and spent our afternoon tanning and swimming. For dinner, we had cheddar and broccoli soup and for dessert, Lorna Doones with nutella!

Day 17

We woke up to our last day of canoeing which was bittersweet. We paddled off on our way. Most of it was dead water, so it was slow-going but relaxing. Along the way, we spotted a rope swing! We all pulled up the shore and grabbed the swing. There was a high platform way up the slope, but it was kind of scary! Some made the jump, but then we decided it would be more fun to jump a little lower so we could go two people at a time. We had so much fun at the rope swing and swimming. It was a great way to break up the paddle and postpone the end of our trip.

We continued on our way and made it to Medway, our take-out. We played on the swing and waited for our resupply driver to get us. Kate arrived and we loaded up our canoes and gear. Once in the van, we jammed out to good tunes and opened mail and letters. The

drive was short and we soon made it to our campsite at Northern Outdoors. We got the campsite, set up camp, and continued eating all sorts of goodies that we received in the mail! For dinner, we had burgers with avocado, tomato, and lettuce! Then for dessert, we surprised Grace with a yummy birthday cake for her birthday! After filling our bellies, we all headed down to the lodge to go in the hot tub! Things got interesting once a staff member let Mary and Zoë play on his electric keyboard and it turned into a concert full of singing and dancing! Things wound down and we headed back to our tents for a good night's sleep!

Day 18

We woke up at 6 and packed up our gear and everything to get ready for a full day of rafting! We headed down to the lodge, got fitted for wetsuits, booties, lifejackets, helmets, and paddles, and loaded up on the bus down the Golden Road. We loaded up rafts and piled into the rafts, ready to take on the Exterminator and the Cribworks! We all had so much fun rafting, "surfing," sliding down the natural water slides, and enjoying an amazing lunch off the river.

After a full day of fun on the river, we finished up at the lodge and watched the hilarious pictures and videos full of interesting facial expressions. What a day! After rafting, we piled into the van and headed back to Wav with a much-anticipated stop at Panera for dinner (we had been thinking of what our order would be since climbing Katahdin!). We also made a quick stop at Wal-Mart to grab supplies for our entrance back to Wavus! We made it back all safe and sound to Wavus. It was bittersweet to be back in camp, but we had an amazing trip!

Maine Trails I

HBC: Hannah Flaggs

JC: Lia Keyser

July 25- August 15: Appalachian Trail and Maine Island Trail

Day 1- 7/25

LOD- Gretchen Alexander

First day! We got to have our last Wavus breakfast before hitting the road. The ride to Monson was only a few hours and before we knew it, we were on the trail. After hiking a mild 3 miles, we reached our first campsite, Leeman Brook Lean-to. We refilled our water bottles and hung out for a little, and then built a fire to start dinner. We had yummy pasta with pesto and garlic bread. After dinner we cleaned and then settled down for an early night's sleep!

Day 2- 7/26

LOD- Beni Durach

Our second day was our first full day of hiking. We woke up early and had bagels with cream cheese for breakfast. Then we hit the trail. We hiked 7 miles, stopping at some rivers and had PB&J for lunch. We finally reached Wilson Valley Lean-To and we set up our tents. We had rice and beans for dinner. We filled up our bottles at the little stream at the campsite. We went to bed quite early.

Day 3- 7/27

LOD- Hannah Hicks

Today we hiked for 10 hours. After a yummy breakfast of hash browns, we left Wilson Valley Lean-to and headed to Cloud Pond Lean-to. Around 2 pm, we reached the top of Barren Ledges, where we enjoyed pepperoni and cheese in front of a beautiful view. After more steep hiking and making it to the top of Barren Mountain (9 miles in total), we came to our campsite. We

had a delicious dinner of potato pearls with broccoli and cheese soup. To end the great day, we had scrambled brownies.

Day 4- 7/28

LOD- Laura Merlo-Pich

Today we woke up at our campsite and had a breakfast based on cereals and dehydrated milk. We started hiking around 7:45 am. After a relatively long hike, we reached the top of Fourth Mountain. The view was very pretty and the soft breeze was refreshing. We continued hiking, and half way to Third Mountain, we decided to hike in groups of three which were sent in ten minutes intervals. When we arrived, we had granola bars and PB&Nutella. We left after 30 minutes, still in these groups, to reach the top of Columbus Mountain. We stopped for a short break at the top and we went ahead towards Chairback Gap lean-to.

We got there at 3:30 so we had time to chill and relax. For dinner, we had chili and cheese. It was very good! We had to wait awhile for the hot chocolate, because the stove took a very long time to boil the water. Finally we got in our cozy tents and read a book before finally falling asleep. This was a very challenging day, but also rewarding!

Day 5- 7/29

LOD- Linzi Mund

Today we woke up and ate cereal for breakfast. Then we hit the trail, going up Chairback Mountain. We hiked down for a while until we took a break at the road to eat some GORP and bars. After there was a river crossing at West Branch Pleasant River, and we hiked another half hour until lunch. Shortly after that, two people were stung by wasps. We then continued until we got to Carl A. Newhall lean-to. For dinner, we had quinoa with lentils. Yum!

Day 6- 7/30**LOD- Olivia O'Bryan**

Today we woke up early- 5:30 am- because we knew we had a long day ahead. We were all dreading the day because it was long (10.6 miles) and we had to climb four peaks. It ended up being not so bad, we hiked Gulf Hags Mountain and West Peak quickly, these were the steepest, and by 11 am we were on the summit of the third peak, Hay Mountain. The last peak, White Cap Mountain was the highest and it was a long climb up. We had lunch of pep and cheese on the summit of White Cap Mountain and relaxed. From there, it was 5 miles downhill to East Branch lean-to. We arrived at East Branch at 4:15 pm, swam in the river and had a dinner of mashed potatoes, bacon, and cheese.

Day 7- 7/31**LOD- Clara Parkus**

Today was resupply day! We all woke up, packed our bags, and had a breakfast of oatmeal. Then we hiked over Little Boardman Mountain and came to Kokadjo B-Pond Road. Sara Taylor met us at the road with her truck, and gave us our 1st resupply of clothes and food, and then we had a great lunch of turkey and salami sandwiches, with chocolate milk, lemonade or orange juice and fresh fruit. After we stuffed ourselves, we said goodbye to ST and put on our packs and hiked about 0.5 miles more before we saw Crawford Pond. We swam and washed in the pond for an hour; it was so fun!

Then we started hiking the last flat 2.5 miles, which were long, but not hard. We arrived at Cooper Brook Falls Lean-to with a waterfall right next to it. Very nice! We relaxed and read a bit, then wolfed down a great dinner of

southwestern mac and cheese! Great day.

Day 8- 8/1**LOD- Eliza Sitz**

Today we got to sleep in a little. We had a breakfast of cheesy bagels before we started hiking. The hike was pretty flat, and we hiked pretty fast- four miles in less than two hours! We stopped once for a snack then moved on. We hiked about four more miles to Antlers Campsite, where we decided to spend the night. We set up our tents, ate PB&J pitas for lunch, and just relaxed. We ate burritos for dinner and had Milky ways for dessert and came up with trail names!

Day 9- 8/2**LOD- Marlay Smith**

Today it rained a lot. We hiked about eight miles. We stopped at Potaywadjo Lean-to about four miles in to escape the rain and grabbed some GORP. We hiked fast and we set up our tents at Nahmakanta Stream Campsite quickly because we could hear thunder in the distance. For dinner we had noodle soup with couscous. It was very good! We all went to bed early so that we could be well-rested for tomorrow!

Day 10- 8/3**LOD- Gretchen Alexander**

Today we woke up early and headed out for a 6-mile hike. We decided to do solo hikes, so we headed out at 15 minute intervals. After we all arrived at Wadleigh Brook lean-to, we took a walk to a sandy beach, where we bathed and relaxed. We ended the day with potato cakes and chocolate milk.

Day 11- 8/4**LOD- Beni Duranch**

Today we woke up early and had some Luna bars for breakfast. Then we hit the trail. First we climbed Nesuntabunt Mountain - a small, but



really steep mountain, and had a GORP break at the top, with great views. After 8.1 miles, we had lunch of PB&J, nutella, and honey pitas in the Rainbow Stream Lean-to. After a day with 12 miles of hiking, we arrived at about 3 pm at the Rainbow Spring Campsite and set up our tents. We had rice and beans with tasty Italian cheese for dinner. We finished this long day with a bar of Hershey's chocolate.

Day 12- 8/5

LOD- Hannah Hicks

Today we completed the 100 mile wilderness! After a yummy breakfast of Cliff bars, we set out on our hike of 11.3 miles to Abol Bridge campsite. We stopped at Hurd Brook lean-to for a lunch of pep and cheese, which was three miles from Abol. Once we reached the campsite, we got ice cream and chips from a limited supply at their general store. After settling in, we went back to get a dinner of cheeseburgers, chips, and whoopie pies. What an awesome day!

Day 13- 8/6

LOD- Laura Merlo-Pich

Today was an exciting day because it was our last backpacking portion. We walked 9.9 miles through Baxter State Park. We made really good time, and stopped at Big Niagara Falls for lunch and swimming. After, we only had 2.3 miles to Katahdin Stream Campsite, and waited for ST to arrive with resupply. While waiting, we saw Shawnee coming from Katahdin, and reunited with Alina, our old counselor from Gash. ST took us to the natural water slides and we had a good dinner of cheeseburgers.

Day 14- 8/7

LOD- Linzi Mund

Today we woke up at 3 am to hike Mount Katahdin. We started hiking in

the dark. After a fast hike of two miles, we made a break to see the sunrise. After a six-hour hike, we finally came to the top. We had awesome weather on the top. After we took a lot of pictures, we started to climb down again. The whole hike took us 8 hours and 15 minutes.

After an awesome hike, we started to pack our stuff for sea kayaking. After a long drive, we got to the drop-off in Stonington and started getting our stuff in the sea kayaks. After a long search, we found the campsite. We had awesome hash browns, cheese, spinach, meat combination for dinner.

Day 15- 8/8

LOD- Olivia O'Bryan

Today was our first day on Russ Island. We were all exhausted from yesterday, and we slept in until 9! We forgot our kayak skirts at resupply, so Hannah and Olivia paddled back through the rain to get them. For the rest of the day, we slept, rested, and ate. We finished with a dinner of rice pilaf and pepperoni before going to sleep again.

Day 16- 8/9

LOD- Clara Parkus

Today, we woke up at 9, but it was thundering so we stayed in our tents and talked/read for about another hour. Then, we had a breakfast of oatmeal. We waited for the storm to calm down, and for the counselors to decide what to do. We waited about 2.5 more hours, then had a yummy lunch of pitas with peanut butter, jelly, honey, and nutella. We decided to go to Rock Island, and to try to kayak through the wind and rain. So we packed our bags at around 12:30, and packed our kayaks, and got in them around 1:15.

After struggling to get off the shore of Russ Island, and get perpendicular to

the waves, Hannah Flagg decided the waters were too rough, and she didn't want to risk it. We unpacked the kayaks and reset our tents and campsite. We were disappointed about that. We rested a bit more, and then sat under the tarp for a dinner of lentils, quinoa, cheese, and peppers. A healthy meal it was, indeed.

Day 17- 8/10

LOD- Eliza Sitz

Today we woke up earlier than we have been to pack our kayaks and



paddle to Steve's Island. We had cereal for breakfast and left Russ Island at 8:30. We paddled a short distance, and a half an hour later we paddled to Wreck Island where we swam and relaxed. After that, we paddled around Wreck Island to a rocky spot where we had lunch. We chilled a bit longer before heading back to camp. We had S&M pancakes for dinner, then a question circle and watched the sun set.

Day 18- 8/11

LOD- Marlay Smith

Resupply day! We had a 3-hour drive from Deer Isle to Bremen and stopped at Subway for lunch. We then paddled to Hog Island, where we are staying the night. We hiked Hog Island and swam in the ocean off the dock. For dinner, we had stir fry and a lot of delicious snacks and candy bars after!



Day 19- 8/12

LOD- Gretchen Alexander

Today we paddled from Hog Island to Thief Island. After setting up camp, we paddled to a beach off Louds Island, where we relaxed and enjoyed the sun. After a lunch of PB&J, we paddled to the quaint town of Round Pond. We were super excited to get some Gifford's ice cream! We then paddled back to Thief, where we had burritos for dinner, and started up a fire.

Day 20- 8/13

LOD- Beni Duranch

Today we woke up early because the weather forecast was thunder and rain in the afternoon. After the breakfast, we paddled a short distance from Thief Island to Black Island. As we arrived really early at the campsite, we had yummy chili for lunch. In the evening, we had bars, GORP, and peanut butter because the stove broke. After funny rounds of "zoo," we went to bed.

Day 21- 8/14

LOD- Hannah Hicks

Our last full day! After our last breakfast of bars, we waited out the fog so we could leave Black Island and paddle to Bremen. After the somewhat long paddle, we chilled at Bremen and ate a yummy lunch of pesto pasta. We read, tanned, and swam until Sara Taylor and Logan joined us for a lobster dinner. Ryan from Hog Island helped us get the lobster. With the lobster, we had lots of other food, like corn, salad, and a dessert of pie and ice cream to follow. What a great last day!

Day 22- 8/15

LOD- Laura Merlo-Pich

Today we went back to Wavus! We packed up the sea kayaking trailer and all quickly jumped into the van. We entered Wavus on motorcycles thanks to the veterans and greeted our friends! It was an incredible trip!

Maine Trails II

HBC: Christine Roback

JC: Meghan Harwood

Day 1: Otter Island

July 25- August 15: Maine Island Trail and Appalachian Trail

Day 1

Leader of the Day: Christine

First day of our epic adventure in the Maine Wilderness! We left camp at 9:15 and arrived at our put-in at Hatchet Cove at 10:00. Since we were getting used to packing, it took about an hour to load the boats. After a quick lunch, we set off to paddle to Otter Island around 1:00. Everyone was so excited to finally be on the ocean.

About halfway through our paddle we ran into the Snowgoose! It was a nice surprise to see a group of Kieve campers out there, too. We then got to Otter and, after a paddle around the island, we found our campsite, a gorgeous spot next to a blue lagoon. After camp was set up, we ate dinner and talked about jobs for tomorrow. It was a bit rainy so we all went to relax in our tents after a busy few days in camp and a great first time on the water.

Day 2: Thief Island

Leader of the Day: Christine

We woke up to rain again today. Despite that, we had a great breakfast of egg and sausage sandwiches. Around 9:00 we loaded up the boats and set off for our paddle to Thief. As we got out on the water, the wind picked up and the waves got more intense. The group stayed incredibly strong and positive. Once at the island and camp was set up, we were rewarded by another Snowgoose sighting- this time from the Wavus Cherokee cabin. The weather also improved, with no rain for the rest of the evening. We spent

our afternoon getting to know each other a bit better with “question time”. Luckily our whole group was able to fit in a single tent. We closed the night with a fire, s’mores, and relaxing at the picnic table built by Kieve-Wavus for the island in 2011!

Day 3: Crow Island

Leader of the Day: Abigail

We woke up to clear skies after a rainy day! We had oatmeal for breakfast and then paddled to Crow Island and spotted a seal on the way. After we set up camp at Crow, we took a dip in the cold ocean and then read on the rocks. We then day paddled to Hog Island and saw the Cayuga girls and their counselors! We returned to Crow and ate a dinner of rice and beans with scrambled brownies for dessert, yum! We ended the night reading from Wild while watching the beautiful sun set over the ocean.

Day 4: Crow Island

Leader of the Day: June

We slept in until about 9 because it was too foggy to paddle. We had S&M pancakes for breakfast, and then we packed our kayaks and were on the water by 11. Paddling our kayaks around Hog Island in the rain took us until around 12:30. The Cayuga girls were excited to see us as we pulled in to Hog and they pulled out. We had lunch in the fish house, enjoying fresh bread from Ryan and Aaron. Our cabin sat around the fireplace and read our group book, went on a nature walk around the island, and cooked mussels. We paddled back to Thief and went straight to bed, our stuff much more dry finally.

Day 5: Russ Island

Leader of the Day: Emma

The morning of day 5 we woke up around 6 for our last morning in

Muscongus Bay! The fog was really thick so we had to wait for a little bit before we paddled, but we enjoyed a breakfast of oatmeal and blueberries. Then we got to Bremen for our resupply and transfer with Kate. We had about a 3-hour drive, but we stopped at Subway for lunch! Eventually we made it to Stonington and unloaded and repacked the kayaks. It was awesome to get mail and new food from Kate. We then had a quick paddle to our campsite and had yummy chicken, cheese, and fiesta rice for dinner with homemade cookies for dessert. Paddling around Muscongus Bay was incredible, and now we’re super excited for paddling in a new place!

Day 6: Steve’s Island

Leader of the Day: Simone

On Day 6 we woke up to fog, so we drank tea and hot chocolate on the rocks looking out over the ocean and fried bagels to eat with apples and cream cheese for breakfast. We explored the rock quarry on the island, and packed up camp, ate a quick lunch, before paddling to the gorgeous, white-sand campsite at Steve’s where we read our group book and braided hair. We made Boboli pizza for dinner and ate cookies while we watched the sunset.

Day 7: Steve’s Island

Leader of the Day: Rachel

We woke up to a beautiful sunrise early in the morning and had a delicious breakfast of oatmeal. We then made the journey to Isle au Haut, where we attempted to make the hike to Seal Trap Cove. The island was beautiful and lunch consisted of PB&J with Nutella with bananas and whole wheat bread and chips and salsa. We got back to camp at around three and ate rice with peppers and onions for dinner, followed by scrambled brownies, yum!

The sunset was very beautiful.

Day 8: Russ Island

Leader of the Day: Alison

We woke up to fog looming over the ocean. Since it was too foggy to paddle, we packed up our boats, ate breakfast, and waited for the fog to clear. Once it did and the sun came out, we proceeded to paddle to Russ Island. Once we arrived at Russ, we set up camp and ate lunch on the rocks, gazing out at the beautiful ocean. The rest of the day was very relaxed; we read our group book and took naps on the rocks. For dinner we had pasta with peanut butter and lollipops for dessert.

Day 9: Leeman Brook

Leader of the Day: Abigail

We woke up to the pitter patter of rain on our last day of sea kayaking. We quickly packed up camp, ate Cliff bars for breakfast, and paddled to Stonington where Logan was waiting for us, greeting us with donuts and mail! We drove to our starting point on the A.T., stopping for lunch at a yummy BBQ restaurant. Yum!

Once we finally arrived at the A.T., we walked on the trail for about 10 feet when it started pouring. We underwent our first lightening drill, sitting on our bags while singing Ke\$ha songs. We got to our camp after the 3-mile hike, ate a pesto pasta dinner with Emma's mom's brownies for dessert, and hit the sack in anticipation for our next day on the trail!

Day 10: Wilson Valley

Leader of the Day: June

We woke up at 5:30 and ate oatmeal for breakfast, beginning our 8-mile hike at 7. We took a standing water break every 30 minutes and a sitting break every 2 hours. We stopped for a lunch of turkey and hummus at around

12. The weather had been off-and-on sun/rain all day. We really worked as a team when we had river crossings throughout the day. When we finally reached the campsite at 5, we made minestrone soup, grilled cheese and avocados. We finished with some Rose, Bud, Thorn, then went to sleep.

Day 11: Long Pond

Leader of the Day: Emma

For our third day on the trail, we woke up early with Cliff Bars for breakfast. We then began making our way toward Cloud Pond, sore, but much more used to our packs than the day before. Unfortunately, Rachel became sick and had to be picked up by Joe and evacuated at a road about 3.5 miles from our campsite. We changed the schedule a little bit, staying at Long Pond instead of Cloud Pond tonight, but hopefully Rachel will be able to meet up with us soon! We got to the campsite shortly after the road and had soup for dinner with no bake cheesecake for dessert!

Day 12: Cloud Pond

Leader of the Day: Simone

Today we woke up to S&M pancakes and a brief but vigorous 4-mile hike uphill to Cloud Pond. The campsite was beautiful, and we swam and ate Gado Gado. We had cinnamon buns for dessert, after which we piled into a tent and did rose, bud, thorn and got a good night's sleep.

Day 13: Chairback Gap

Leader of the Day: Alison

Today we woke up and had a delicious breakfast of cereal. Then we hiked 8 miles, summited 3 mountains, and had lunch on top of 3rd mountain. The views were beautiful. We could see Long Pond and an enormous expanse of the Chairback Mountain Range. For dinner we had couscous



and vegetables. We went to bed early because we had to wake up early the next morning to pick up Rachel. Before we went to bed we relaxed in our tents and attempted to make trail names for everyone. It was really funny.

Day 14: Sidney Tappan Campsite

Leader of the Day: Abigail

We woke up really early, ate a quick Cliff Bar breakfast, and packed up camp in record time. It's our first double digit day: 12 miles. We hiked 4 miles to a road where we waited for Rachel and a treat of fresh bananas! We then hiked with Rachel the rest of the way and up and down the Gulf Hags peak. We arrived at our campsite making great time. We had pasta with marinara sauce for dinner and then hit the sack to get some rest for our 3-peak day.

Day 15: East Branch

Leader of the Day: June

We woke up this morning at around 5. When we got out of the tents, it was quite foggy and windy. The oatmeal we ate for breakfast warmed us all up though. The peak of the first mountain was foggy and cold, and we took a short break at the bottom of the first and second peaks. When we began hiking the third peak, White Cao, it began to rain and thunder. The wind was kicking when we reached the summit sign. We were in wet clothes freezing our butts off in the wind but we kept in high spirits by singing and playing games. We stopped for PB & Nutella for lunch. Then we reached the campsite and had some chill time, before having an awesome dinner of chili with cheese.

Day 16: Cooper Brook Falls

Leader of the Day: Emma

Everyone woke up super excited for resupply today! As soon as we packed

up camp, it started pouring rain, but we pushed through to the road to resupply. Logan met us in the red truck and gave us so much delicious food for lunch! It was amazing to get fresh food and mail and see Logan, but we kept hiking to Cooper Brook in the rain. Even though it was dreary, everyone was so happy about all the new food we had! We had a yummy dinner of burgers with avocado and ketchup and went to bed full, happy, and ready for more hiking.

Day 17: Potaywadjo Spring

Leader of the Day: Simone

Today we woke up to bagels and it stopped raining! We hiked 8 miles to lunch at a beautiful sandy beach on Nahmakanta Lake, where we enjoyed swimming, bathing, eating turkey and cheese, and listening to our group book. We hiked the three miles to our campsite, and ate mac and cheese for dinner. The entire time we were hiking we were either singing, or we were trying to solve riddles we all knew.

Day 18: Wadleigh Stream

Leader of the Day: Rachel

Today we woke up at 5:30 and did an 11-mile hike. It was pretty flat and we got to stop at an awesome beach. We stopped at a road for lunch, which consisted of pita, PB, and jelly for lunch. Yum! At the beach we all went swimming, and got some awesome pics! We had bars for breakfast and for dinner we had a delicious combo of rice and beans! Only 4 days until my parents cook us dinner at Katahdin!

Day 19: Rainbow Spring

Leader of the Day: Alison

Today we woke up early in order to make it to the top by sunrise. We packed up camp quickly, ate bars, and began our hike while it was still dark out. We were all tired, so the hike up

the mountain was rather hard, but the view at the top made waking up early worth it. The sun rising through the clouds was beautiful. After we watched the sunrise and ate a snack, we began our descent of the mountain. Unfortunately, June tripped and hit her head on a root and had to be evacuated. We will miss her so much! After a long 11-mile day, we enjoyed “Brinner” (breakfast for dinner) and went to bed early.

Day 20: Abol Pines

Leader of the Day: Abigail

We woke up early and ate a breakfast of oatmeal and hot chocolate before our 11 mile hike. We hiked a few miles before stopping at a lake for a swim. Then we hiked to the Rainbow Ledges and hung out and picked blueberries. We hiked to Abol campsite, and saw the 100-mile wilderness sign at the end of the trail. We bought chips and spaghetti with meat sauce for dinner at the General Store, and then we had ice cream! We had tent time and went to bed looking forward to the excitement of the next few and final days.

Day 21: Katahdin Stream

Leader of the Day: Meghan

Today was our last full day hike! We hiked down the road a little after having pop tarts for breakfast from

the Abol General Store, then our final 9-mile day included a lot of anxious nervous talk about returning to camp, and a lot of stalling before we finally reached Katahdin Stream camp site. We were greeted by Rachel’s parents with an enormous display of food, all delicious including burgers, desserts, and bear, deer, and moose meat. We all had a blast eating way too much dinner, and then went to bed early before an early wake up call.

Day 22: Katahdin!

Leader of the Day: Meghan

Our final day, we woke up at 2:30 to pack up the van, eat bagels and fruit, dress in warm clothes, and depart to hike up Katahdin with Nancy and Kate by 4:30. Despite winds up to 40 mph, we made it to the top by 8:45 and were able to enjoy incredible views from the top. We were even able to share the moment with one thru-hiker who had just finished the entire AT that day. After a quick and much less windy descent, we enjoyed pizza in Millinocket, had a fantastic entrance to camp including a rap and pageant float introduced by Nicholas, and then went to fireworks at Kieve after finally being able to shower. Once we got back to camp, we crashed instantly, enjoying our warm beds after the final day of an incredible trip.





Wavus Blanket and Paddle Tradition

Paddle

Wavus campers, who have been campers for 5 years and have completed one of the longest trips, are gifted with a paddle embossed with the Wavus emblem at the closing Council Fire each session. This year the recipients were:

Paddles 2013

Emma Cusano	First Session
Camille Falezan	First Session
Honor Paine	First Session
Charlotte Phillips	First Session
Allie Riker	First Session
Abby Tanen	First Session
Gretchen Alexander	Second Session
Courtney Close	Second Session
Helary Gladstone	Second Session
Abby Heher	Second Session
Ellery Hicks	Second Session
Hannah Hicks	Second Session
Laura Merlo Pich	Second Session
Olivia O'Bryan	Second Session
Clara Parkus	Second Session
Caroline Peters	Second Session
Emily Townley	Second Session
Molly Tucker	Second Session
Sarah Wilson	Second Session



Second Session

Blanket

Campers are blanketed for their 100-mile achievement at the closing Council Fire each session. The blankets are reminiscent of the type used by campers in the early years of the camp and are embossed with the Wavus emblem.

This year the recipients were:

Blankets 2013

Emma Cusano	First Session
Camille Falezan	First Session
Livia Fries	First Session
Sasha Hodges	First Session
Tess Kruyt	First Session
Grace Moses	First Session
Honor Paine	First Session
Charlotte Phillips	First Session
Allie Riker	First Session
Abby Tanen	First Session
Gretchen Alexander	Second Session
Gabby Chapman	Second Session
Courtney Close	Second Session
Beni Durach	Second Session
Helary Gladstone	Second Session
Abby Heher	Second Session
Ellery Hicks	Second Session
Hannah Hicks	Second Session
Laura Merlo Pich	Second Session
Linzi Mund	Second Session
Olivia O'Bryan	Second Session
Clara Parkus	Second Session
Caroline Peters	Second Session
Grace Robinson	Second Session
Zaza Sitz	Second Session
Marlay Smith	Second Session
Emily Townley	Second Session
Molly Tucker	Second Session
Sarah Wilson	Second Session



First Session



Second Session

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KW WEST

Writing about a Kieve-Wavus trip always poses a challenge. For those of you who have done it, you know what I mean. How is it possible to capture all of the amazing things that happened? How can you do justice to all of the inside jokes, those moments which, to someone who wasn't there, would seem at best sort of weird and, more than likely, downright strange? How can you describe the growth that takes place in the high places and in the deep forests, in the early hours of the morning or late at night around a crackling fire that banishes the chill of five days worth of rain? To be honest, I don't think you really can. When it comes to writing about what happened

this summer on Kieve-Wavus West, I would say it's even more difficult, so wonderful was the experience.

Instead of writing about what happened then, I'll write about what I felt afterwards, and will leave the telling of the many remarkable stories from this summer to those twenty young men and women who gave Griff and me what we both regard as the best eight weeks of our lives. If you have a chance, ask them what happened- you might not understand, but you won't be disappointed.

At the heart of what I'm feeling now is a profound sense of hope. I have never been more hopeful for the future of Kieve-Wavus. Every day I spent with



those young people I learned a lesson. Every day someone inspired me to be a better tripper, a better leader and, above all, a better person. So much so that Griff and I rarely felt like we were in charge- indeed, we were the ones learning throughout it all. And that's why I'm hopeful- because in a little less than a year many of these young people are going to become counselors at Kieve or Wavus, and in so doing will, I am sure, raise up and inspire an entire generation of campers.

I also feel truly thankful, and I must

say that this part is for those of you who were out there with us. On the plane ride back to the east Griff and I laughed and cried with the joyous remembering of it all. I think the people on the plane were annoyed and confused, but oh well. And then, as we were touching down, both of us were struck by an overwhelming feeling of gratitude. Each and every one of you changed our lives, and we will be forever grateful for it. From the bottom of both our hearts, thank you a thousand, thousand times over. We'll never forget it.

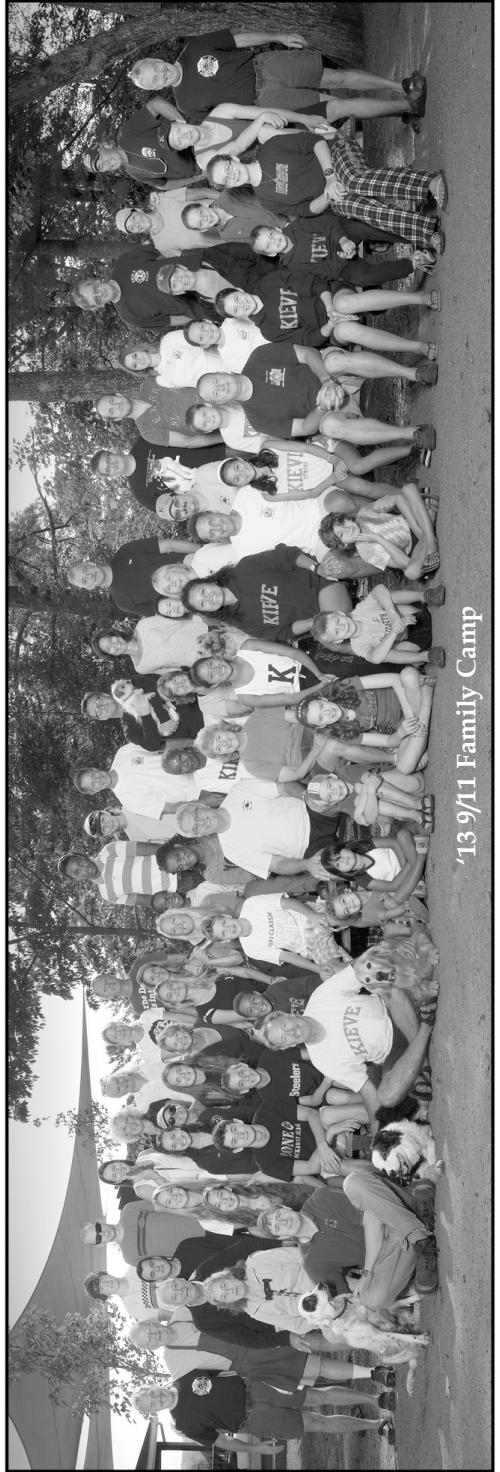


9/11 Family Camp

We had another wonderful week at 9/11 Family Camp this past August. The weather was great, food plentiful and delicious, and spending time with great friends along the shores of Damariscotta Lake, priceless. Thanks to our staff and volunteers who always make this week so memorable. Special thanks to Lee Giberson and her staff in the PQ kitchen for all of their wonderful meals and friendly smiles and unwavering hospitality.

In addition to an evening show by "Two: High Energy Juggling", Bruce Marshall had the PQ house rockin with songs of his own and lots of sing-along favorites for his 12th year in a row! A big thanks to Mike and Darcy Knoff from Country Coach Charters who donated their trolleys to transport everyone to the 12th annual delicious lobster bake at the Pemaquid Fisherman's Co-op!





'13 9/11 Family Camp

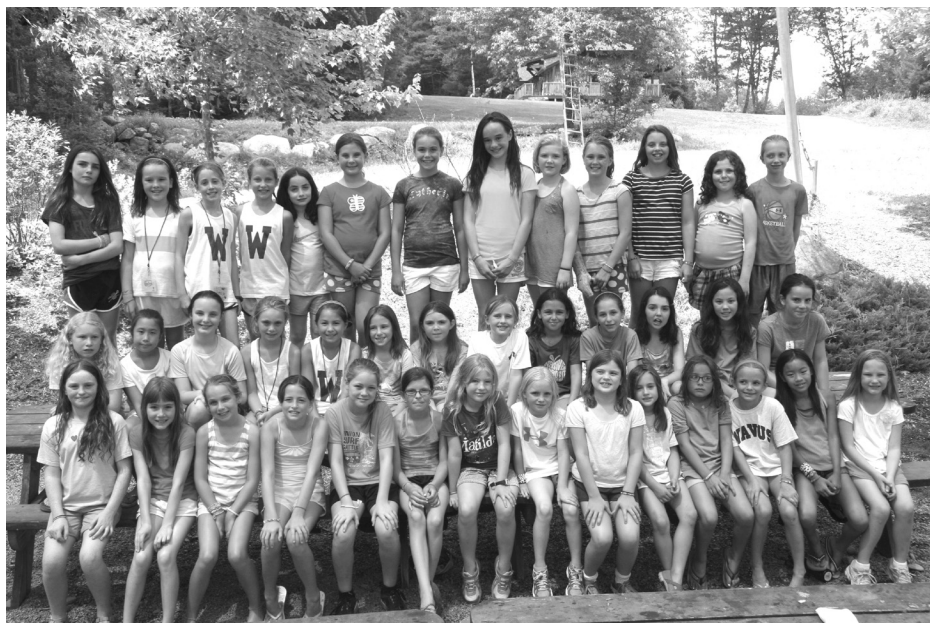
Alumni & Family Adventure Camp



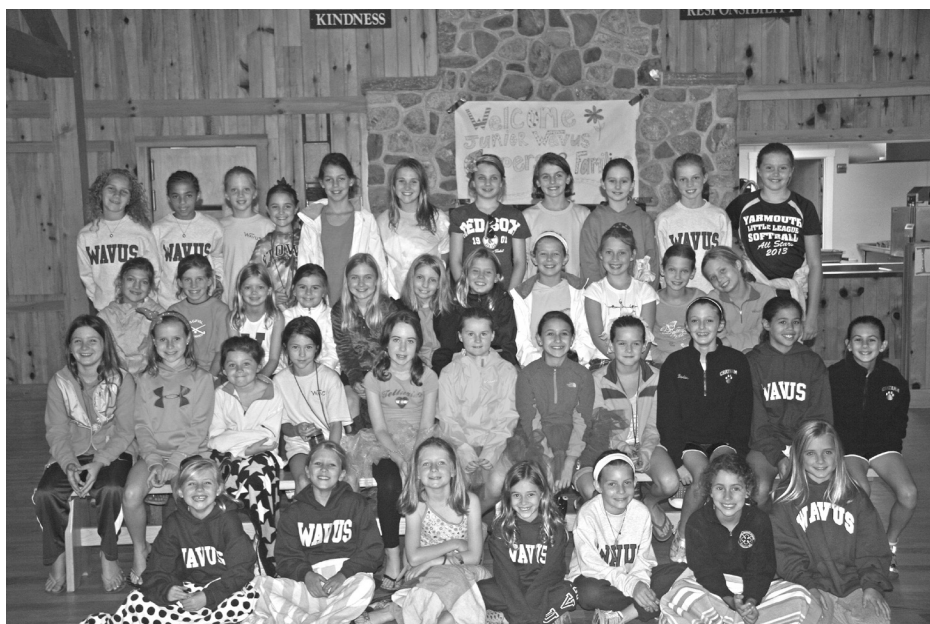
Alumni & Family Adventure Camp ~ 2013



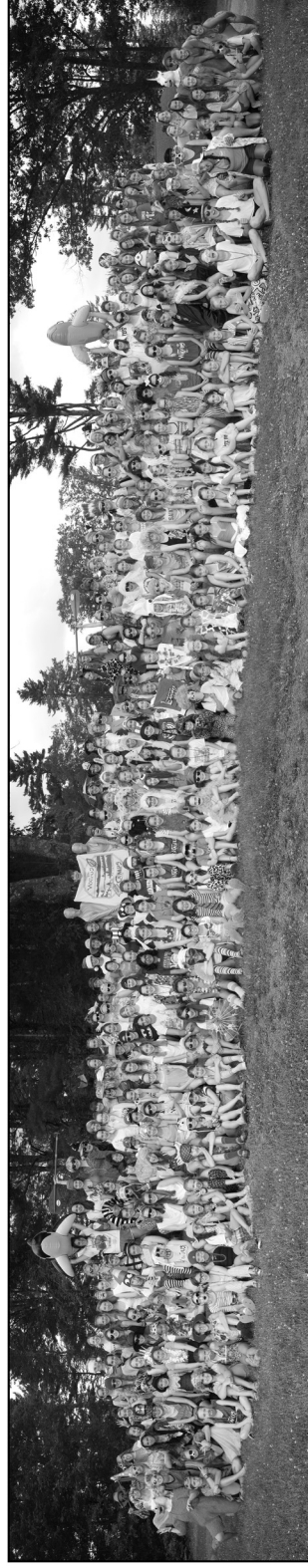




Junior Wavus Session 1 ~ 2013



Junior Wavus Session 2 ~ 2013



Session 1 ~ 2013



Session 2 ~ 2013